



| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|---------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 1 | 732 | 53:35 | PAUL WHITTAKER | | Male | 1 | MO | 1 | 53:35 | 1 |
| 2 | 593 | 54:47 | CRISPIAN BLOOMFIELD | BILLERICAY STRIDERS | Male | 2 | MO | 2 | 54:47 | 2 |
| 3 | 685 | 56:48 | GARETH WILLIAMS | | Male | 3 | MO | 3 | 56:47 | 3 |
| 4 | 628 | 56:57 | MARK NEWTON | SPRINGFIELD STRIDERS | Male | 4 | MO | 4 | 56:57 | 4 |
| 5 | 669 | 57:11 | ROBERT REASON | HARWICH RUNNERS | Male | 5 | MO | 5 | 57:10 | 5 |
| 6 | 670 | 59:05 | COLIN RIDLEY | COLCHESTER HARRIERS | Male | 6 | MSV | 1 | 59:05 | 6 |
| 7 | 574 | 59:12 | PAUL DOBSON | SPRINGFIELD STRIDERS | Male | 7 | MV | 1 | 59:11 | 7 |
| 8 | 690 | 59:37 | PAUL MINGAY | TIPTREE ROAD RUNNERS | Male | 8 | MSV | 2 | 59:36 | 8 |
| 9 | 366 | 59:50 | KURTIS SWAN (GBV) | BILLERICAY STRIDERS | Male | 9 | MO | 6 | 59:50 | 9 |
| 10 | 287 | 1:00:01 | TIM WOULFE (GBV) | | Male | 10 | MO | 7 | 59:58 | 10 |
| 11 | 681 | 1:00:20 | JONATHAN NEARS | COLCHESTER HARRIERS | Male | 11 | MV | 2 | 1:00:20 | 12 |
| 12 | 556 | 1:00:22 | MICHAEL BEAVER | SPRINGFIELD STRIDERS | Male | 12 | MO | 8 | 1:00:19 | 11 |
| 13 | 609 | 1:00:49 | PAUL WYATT | HAVERING A C | Male | 13 | MV | 3 | 1:00:49 | 13 |
| 14 | 244 | 1:01:29 | TYRONE FARRER | SOUTHEND A C | Male | 14 | MV | 4 | 1:01:28 | 14 |
| 15 | 518 | 1:02:02 | JAMES FARREN | WITHAM R C | Male | 15 | MV | 5 | 1:02:01 | 15 |
| 16 | 554 | 1:02:05 | ANDY WATERMAN | SERPENTINE | Male | 16 | MO | 9 | 1:02:04 | 16 |
| 17 | 682 | 1:02:10 | THOMAS BALLARD | | Male | 17 | MO | 10 | 1:02:10 | 17 |
| 18 | 641 | 1:02:39 | S CORNFORTH (GBV) | | Male | 18 | MO | 11 | 1:02:38 | 18 |
| 19 | 627 | 1:02:43 | NICK KENYON-MUIR | WARE JOGGERS | Male | 19 | MV | 6 | 1:02:42 | 19 |
| 20 | 10 | 1:02:53 | TIMOTHY BRIGNALL | WARE JOGGERS | Male | 20 | MO | 12 | 1:02:53 | 20 |
| 21 | 712 | 1:03:14 | ROBIN MCNELIS | | Male | 21 | MV | 7 | 1:03:14 | 21 |
| 22 | 676 | 1:03:42 | SCOTT DRYDEN | SPRINGFIELD STRIDERS | Male | 22 | MV | 8 | 1:03:40 | 22 |
| 23 | 307 | 1:04:01 | ALEX BENSON (GBV) | SPRINGFIELD STRIDERS | Male | 23 | MO | 13 | 1:04:01 | 23 |
| 24 | 454 | 1:04:12 | LEO COLE | WITHAM R C | Male | 24 | MV | 9 | 1:04:11 | 25 |
| 25 | 185 | 1:04:12 | PETE RILEY | WITHAM R C | Male | 25 | MV | 10 | 1:04:10 | 24 |
| 26 | 414 | 1:04:36 | JON WILLIAMS | WARE JOGGERS | Male | 26 | MO | 14 | 1:04:35 | 26 |
| 27 | 625 | 1:04:43 | JAMES BUNN (GBV) | EAST ESSEX TRIATHLON CLUB | Male | 27 | MV | 11 | 1:04:42 | 28 |
| 28 | 469 | 1:04:46 | GRAEME ST LEGER | SPRINGFIELD STRIDERS | Male | 28 | MO | 15 | 1:04:39 | 27 |
| 29 | 28 | 1:04:50 | MARK CYL | WARE JOGGERS | Male | 29 | MV | 12 | 1:04:49 | 30 |
| 30 | 756 | 1:04:51 | NICK ROPER | | Male | 30 | MV | 13 | 1:04:46 | 29 |
| 31 | 672 | 1:05:00 | JAMES CRISP | WITHAM R C | Male | 31 | MV | 14 | 1:04:59 | 31 |
| 32 | 582 | 1:05:03 | NIKKI BROCKBANK | SPRINGFIELD STRIDERS | Female | 1 | FV | 1 | 1:05:01 | 32 |
| 33 | 739 | 1:05:17 | DAVID THOMPSON | | Male | 32 | MSV | 3 | 1:05:14 | 33 |
| 34 | 759 | 1:05:30 | NIK KANDOLA | | Male | 33 | MV | 15 | 1:05:30 | 34 |
| 35 | 388 | 1:05:40 | CHRIS MARTIN | WITHAM R C | Male | 34 | MO | 16 | 1:05:38 | 35 |
| 36 | 563 | 1:05:44 | ALEXANDER LINDFIELD | MAIDSTONE HARRIERS | Male | 35 | MO | 17 | 1:05:43 | 36 |
| 37 | 476 | 1:05:52 | ASHWIN SHAH | GRANGE FARM DUNMOW | Male | 36 | MO | 18 | 1:05:49 | 37 |
| 38 | 733 | 1:05:55 | STEVEN WHITTAKER | | Male | 37 | MO | 19 | 1:05:51 | 38 |
| 39 | 686 | 1:05:56 | JAMES BURNS | LEIGH ON SEA STRIDERS | Male | 38 | MV | 16 | 1:05:55 | 39 |
| 40 | 144 | 1:06:07 | DAN SLAYFORD | SOUTHEND FLYERS | Male | 39 | MO | 20 | 1:06:03 | 40 |
| 41 | 560 | 1:06:10 | REBECCA COLE | CHELMSFORD A C | Female | 2 | FO | 1 | 1:06:08 | 41 |
| 42 | 90 | 1:06:26 | MARTIN WINDSOR | | Male | 40 | MSV | 4 | 1:06:23 | 42 |
| 43 | 579 | 1:06:40 | SIMON BOWRING | SPRINGFIELD STRIDERS | Male | 41 | MV | 17 | 1:06:38 | 43 |
| 44 | 678 | 1:06:43 | CHRIS MCCLAY | LEIGH ON SEA STRIDERS | Male | 42 | MO | 21 | 1:06:41 | 44 |
| 45 | 623 | 1:07:01 | SAMMO NIGH | | Male | 43 | MO | 22 | 1:06:58 | 46 |
| 46 | 527 | 1:07:03 | MICHAEL WOODRUFF | BISHOPS STORTFORD R C | Male | 44 | MSV | 5 | 1:06:54 | 45 |
| 47 | 738 | 1:07:08 | PAUL WALLER | | Male | 45 | MV | 18 | 1:07:03 | 47 |
| 48 | 758 | 1:07:18 | ROBERT HEMPSTEAD | | Male | 46 | MO | 23 | 1:07:12 | 48 |
| 49 | 713 | 1:07:22 | J DE GEA FERNANDEZ | | Male | 47 | MO | 24 | 1:07:14 | 49 |
| 50 | 424 | 1:07:29 | TERRY HAYWOOD | | Male | 48 | MSV | 6 | 1:07:27 | 50 |
| 51 | 636 | 1:07:46 | JAMIE JEPHCOTT | HARLOW R C | Male | 49 | MV | 19 | 1:07:44 | 51 |
| 52 | 763 | 1:07:49 | PETER DAVID ATKINS | | Male | 50 | MV | 20 | 1:07:48 | 52 |
| 53 | 397 | 1:07:52 | MIKE MURDOCH | MAIDSTONE HARRIERS | Male | 51 | MV | 21 | 1:07:48 | 53 |
| 54 | 673 | 1:08:12 | CHRISTINE HOWARD | BILLERICAY STRIDERS | Female | 3 | FSV | 1 | 1:08:06 | 54 |
| 55 | 607 | 1:08:25 | PETER MCKENZIE | | Male | 52 | MO | 25 | 1:08:22 | 55 |
| 56 | 440 | 1:08:31 | ROBERT BURNS | LEIGH ON SEA STRIDERS | Male | 53 | MSV | 7 | 1:08:28 | 56 |
| 57 | 128 | 1:08:45 | MATTHEW COATES | LITTLE BADDOW RIDGE RUNNERS | Male | 54 | MO | 26 | 1:08:39 | 57 |
| 58 | 190 | 1:08:47 | MIKE QUAYE | | Male | 55 | MV | 22 | 1:08:41 | 58 |
| 59 | 297 | 1:08:57 | ELLIOTT CONE | LEIGH ON SEA STRIDERS | Male | 56 | MO | 27 | 1:08:53 | 59 |
| 60 | 653 | 1:09:20 | NICK MARKWELL | | Male | 57 | MV | 23 | 1:09:17 | 60 |
| 61 | 105 | 1:09:22 | CIARAN BYRNE | BENFLEET R C | Male | 58 | MO | 28 | 1:09:20 | 62 |
| 62 | 313 | 1:09:23 | CHRIS LITTLEJOHN | | Male | 59 | MO | 29 | 1:09:18 | 61 |
| 63 | 708 | 1:09:34 | STEWART ELLIS | | Male | 60 | MV | 24 | 1:09:27 | 63 |
| 64 | 583 | 1:09:43 | ANDREW DAVANZO | | Male | 61 | MO | 30 | 1:09:40 | 64 |
| 65 | 767 | 1:09:48 | RICHARD GREEN | | Male | 62 | MO | 31 | 1:09:44 | 65 |
| 66 | 110 | 1:09:48 | FIONA HALLS | SAFFRON STRIDERS | Female | 4 | FV | 2 | 1:09:46 | 66 |
| 67 | 299 | 1:09:50 | DARREN CLARK | | Male | 63 | MO | 32 | 1:09:49 | 67 |
| 68 | 602 | 1:09:58 | PHIL CLAYDON | SPRINGFIELD STRIDERS | Male | 64 | MSV | 8 | 1:09:55 | 68 |
| 69 | 160 | 1:09:59 | SCOTT DARNEY | WITHAM R C | Male | 65 | MO | 33 | 1:09:57 | 70 |
| 70 | 450 | 1:10:01 | PAUL TURNER | | Male | 66 | MO | 34 | 1:09:56 | 69 |

| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|----------------------|---------------------------|--------|------------|-------|-----------|-----------|----------|
| 71 | 106 | 1:10:04 | Tim TOMLINS | BENFLEET R C | Male | 67 | MV | 25 | 1:10:03 | 72 |
| 72 | 667 | 1:10:08 | MARTIN ENGLAND | | Male | 68 | MSV | 9 | 1:10:05 | 73 |
| 73 | 187 | 1:10:09 | WAYNE COOK | BRAINTREE & DISTRICT A C | Male | 69 | MV | 26 | 1:10:01 | 71 |
| 74 | 392 | 1:10:29 | NICOLA CAMARDA (GBV) | | Male | 70 | MO | 35 | 1:10:21 | 74 |
| 75 | 635 | 1:10:37 | CLAUDINE TISBURY | HARWICH RUNNERS | Female | 5 | FSV | 2 | 1:10:27 | 75 |
| 76 | 654 | 1:10:44 | MARC MILLER | EAST ESSEX TRIATHLON CLUB | Male | 71 | MV | 27 | 1:10:39 | 76 |
| 77 | 619 | 1:10:53 | ANDREW LAGER | | Male | 72 | MV | 28 | 1:10:50 | 78 |
| 78 | 633 | 1:10:55 | MARK FREEMAN | ROCHFORD R C | Male | 73 | MSV | 10 | 1:10:48 | 77 |
| 79 | 288 | 1:10:56 | COLIN WHITE | BILLERICAY STRIDERS | Male | 74 | MV | 29 | 1:10:50 | 79 |
| 80 | 334 | 1:11:10 | NEIL HATTON | ROCHFORD R C | Male | 75 | MV | 30 | 1:11:03 | 80 |
| 81 | 419 | 1:11:12 | MATHEW KNOWLES | GREAT BENTLEY R C | Male | 76 | MV | 31 | 1:11:05 | 81 |
| 82 | 471 | 1:11:25 | STUART MILLS | WITHAM R C | Male | 77 | MO | 36 | 1:11:22 | 82 |
| 83 | 197 | 1:11:26 | ROBERT SUMNER | | Male | 78 | MO | 37 | 1:11:23 | 83 |
| 84 | 519 | 1:11:27 | PAUL AHSUNOLLAH | MAIDSTONE HARRIERS | Male | 79 | MSV | 11 | 1:11:24 | 84 |
| 85 | 363 | 1:11:42 | RICHARD RULE | SPRINGFIELD STRIDERS | Male | 80 | MV | 32 | 1:11:37 | 85 |
| 86 | 380 | 1:11:47 | RICHARD BONHAM | CASTLE POINT JOGGERS | Male | 81 | MV | 33 | 1:11:46 | 87 |
| 87 | 390 | 1:11:50 | JAMES MURRIN | MAIDSTONE HARRIERS | Male | 82 | MV | 34 | 1:11:41 | 86 |
| 88 | 263 | 1:12:06 | KEITH THORNTON | THRIFT GREEN TROTTERS | Male | 83 | MSV | 12 | 1:12:02 | 88 |
| 89 | 16 | 1:12:10 | SARAH JEFFERY | SOUTHEND A C | Female | 6 | FO | 2 | 1:12:09 | 90 |
| 90 | 421 | 1:12:11 | BILL SMYTHE | WITHAM R C | Male | 84 | MV | 35 | 1:12:05 | 89 |
| 91 | 508 | 1:12:23 | ANITA COX | | Female | 7 | FV | 3 | 1:12:20 | 94 |
| 92 | 398 | 1:12:23 | JULIE BEASANT | | Female | 8 | FV | 4 | 1:12:18 | 93 |
| 93 | 652 | 1:12:33 | MATTHEW STENNING | BILLERICAY STRIDERS | Male | 85 | MV | 36 | 1:12:27 | 95 |
| 94 | 203 | 1:12:34 | DUNCAN HUMPHRIES | | Male | 86 | MV | 37 | 1:12:12 | 91 |
| 95 | 740 | 1:12:35 | BEN ASPLAND | | Male | 87 | MV | 38 | 1:12:32 | 96 |
| 96 | 760 | 1:12:40 | MARK CROUCHMAN | | Male | 88 | MO | 38 | 1:12:15 | 92 |
| 97 | 198 | 1:12:44 | MARC UNDERDOWN | WITHAM R C | Male | 89 | MO | 39 | 1:12:42 | 98 |
| 98 | 466 | 1:12:48 | STEVEN ARMITAGE | SPRINGFIELD STRIDERS | Male | 90 | MO | 40 | 1:12:40 | 97 |
| 99 | 74 | 1:12:59 | MATTHEW RIVERS | LEIGH ON SEA STRIDERS | Male | 91 | MO | 41 | 1:12:54 | 99 |
| 100 | 209 | 1:12:59 | ROBERT ABEL | | Male | 92 | MO | 42 | 1:12:55 | 100 |
| 101 | 675 | 1:13:02 | RUSS APPLETON | | Male | 93 | MO | 43 | 1:12:55 | 101 |
| 102 | 40 | 1:13:02 | KENNY BLYTH | WARE JOGGERS | Male | 94 | MSV | 13 | 1:13:01 | 103 |
| 103 | 615 | 1:13:05 | STUART MCMEEKIN | BENFLEET R C | Male | 95 | MV | 39 | 1:12:58 | 102 |
| 104 | 525 | 1:13:10 | GARETH THOMAS | SPRINGFIELD STRIDERS | Male | 96 | MO | 44 | 1:13:05 | 104 |
| 105 | 149 | 1:13:16 | PAUL BROWN (GBV) | | Male | 97 | MO | 45 | 1:13:09 | 106 |
| 106 | 698 | 1:13:19 | SIMON HEDGES | EAST ESSEX TRIATHLON CLUB | Male | 98 | MO | 46 | 1:13:16 | 108 |
| 107 | 656 | 1:13:26 | BRENDON MACLEAN | HARLOW R C | Male | 99 | MO | 47 | 1:13:12 | 107 |
| 108 | 573 | 1:13:30 | DAVID MCDERMOTT | | Male | 100 | MO | 48 | 1:13:20 | 109 |
| 109 | 196 | 1:13:34 | MICHAEL SPLARN | | Male | 101 | MV | 40 | 1:13:27 | 110 |
| 110 | 3 | 1:13:35 | JOHN WESTERN | LEIGH ON SEA STRIDERS | Male | 102 | MSV | 14 | 1:13:30 | 112 |
| 111 | 658 | 1:13:37 | JAMES BLACKSHAW | WITHAM R C | Male | 103 | MO | 49 | 1:13:28 | 111 |
| 112 | 17 | 1:13:38 | KATIE SPICER | LEIGH ON SEA STRIDERS | Female | 9 | FV | 5 | 1:13:34 | 113 |
| 113 | 757 | 1:13:43 | BENJAMIN LIVERMORE | | Male | 104 | MO | 50 | 1:13:41 | 115 |
| 114 | 505 | 1:13:44 | NATALIA LACK | | Female | 10 | FV | 6 | 1:13:08 | 105 |
| 115 | 428 | 1:13:51 | PETER BAKER | WARE JOGGERS | Male | 105 | MSV | 15 | 1:13:49 | 117 |
| 116 | 275 | 1:13:56 | LEON WEBSTER | | Male | 106 | MO | 51 | 1:13:55 | 120 |
| 117 | 346 | 1:13:58 | JAMES LAMPERT | MAIDSTONE HARRIERS | Male | 107 | MV | 41 | 1:13:54 | 118 |
| 118 | 207 | 1:14:00 | MARK AUSTIN | WITHAM R C | Male | 108 | MSV | 16 | 1:13:54 | 119 |
| 119 | 340 | 1:14:01 | JAMES WOOLLEY | SPRINGFIELD STRIDERS | Male | 109 | MO | 52 | 1:13:36 | 114 |
| 120 | 752 | 1:14:09 | RICHARD WALKER | | Male | 110 | MO | 53 | 1:13:56 | 121 |
| 121 | 536 | 1:14:11 | JAMES WILLIS | | Male | 111 | MO | 54 | 1:14:06 | 124 |
| 122 | 755 | 1:14:13 | RICHARD BASTIAN | | Male | 112 | MV | 42 | 1:14:03 | 123 |
| 123 | 139 | 1:14:15 | JUSTIN KENT | | Male | 113 | MV | 43 | 1:14:12 | 127 |
| 124 | 431 | 1:14:16 | NICK KNIGHT | THRIFT GREEN TROTTERS | Male | 114 | MV | 44 | 1:14:14 | 128 |
| 125 | 355 | 1:14:17 | EMILY SMITH | | Female | 11 | FO | 3 | 1:14:10 | 125 |
| 126 | 11 | 1:14:20 | JON DUNN | | Male | 115 | MV | 45 | 1:13:58 | 122 |
| 127 | 444 | 1:14:21 | DUNCAN GAYLER (GBV) | | Male | 116 | MV | 46 | 1:13:42 | 116 |
| 128 | 666 | 1:14:21 | PETER WILSON | | Male | 117 | MV | 47 | 1:14:18 | 130 |
| 129 | 430 | 1:14:25 | PETER CONNEW | | Male | 118 | MO | 55 | 1:14:18 | 131 |
| 130 | 589 | 1:14:27 | BRIAN DALDORPH | | Male | 119 | MSV | 17 | 1:14:10 | 126 |
| 131 | 232 | 1:14:32 | LYNDON BUBB | RAVENS | Male | 120 | MV | 48 | 1:14:25 | 133 |
| 132 | 696 | 1:14:34 | HEATHER SHARP | | Female | 12 | FV | 7 | 1:14:27 | 134 |
| 133 | 726 | 1:14:37 | MATTHEW LETLEY | | Male | 121 | MV | 49 | 1:14:14 | 129 |
| 134 | 280 | 1:14:42 | CLIFF KING | CASTLE POINT JOGGERS | Male | 122 | MV | 50 | 1:14:23 | 132 |
| 135 | 503 | 1:14:46 | NEIL WILSON | | Male | 123 | MO | 56 | 1:14:30 | 136 |
| 136 | 438 | 1:14:48 | TREVOR MICKLEBURGH | BENFLEET R C | Male | 124 | MV | 51 | 1:14:37 | 137 |
| 137 | 578 | 1:14:57 | CHRIS BURGESS | | Male | 125 | MV | 52 | 1:14:29 | 135 |
| 138 | 451 | 1:15:01 | LEE ERVIN | | Male | 126 | MO | 57 | 1:14:57 | 139 |
| 139 | 439 | 1:15:04 | JAN HARVEY | LEIGH ON SEA STRIDERS | Female | 13 | FSV | 3 | 1:14:56 | 138 |
| 140 | 585 | 1:15:09 | IAN CANNONS | HARWICH RUNNERS | Male | 127 | MV | 53 | 1:14:59 | 140 |

| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|----------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 141 | 683 | 1:15:16 | PENNY ELLISON | | Female | 14 | FV | 8 | 1:15:14 | 143 |
| 142 | 629 | 1:15:21 | ALEX TAYLOR | | Male | 128 | MO | 58 | 1:15:17 | 144 |
| 143 | 416 | 1:15:22 | RICKY WADE | CASTLE POINT JOGGERS | Male | 129 | MO | 59 | 1:15:03 | 141 |
| 144 | 509 | 1:15:25 | LUCY ADAMS | | Female | 15 | FO | 4 | 1:15:09 | 142 |
| 145 | 250 | 1:15:31 | LAURENCE HARRISON | BILLERICAY STRIDERS | Male | 130 | MV | 54 | 1:15:25 | 147 |
| 146 | 717 | 1:15:31 | MICHAEL SMITH | | Male | 131 | MO | 60 | 1:15:18 | 145 |
| 147 | 273 | 1:15:35 | PHILIP LISAMER | CREDIT SUISSE | Male | 132 | MV | 55 | 1:15:21 | 146 |
| 148 | 657 | 1:15:39 | DAVID BIRRELL (GBV) | | Male | 133 | MV | 56 | 1:15:28 | 148 |
| 149 | 321 | 1:15:40 | CATHERINE ROBERTS | MAIDSTONE HARRIERS | Female | 16 | FV | 9 | 1:15:36 | 151 |
| 150 | 423 | 1:15:49 | ROBERT HALDANE | LITTLE BADDOW RIDGE RUNNERS | Male | 134 | MSV | 18 | 1:15:32 | 150 |
| 151 | 562 | 1:15:54 | JAMES MACNISH PORTER | THRIFT GREEN TROTTERS | Male | 135 | MSV | 19 | 1:15:43 | 152 |
| 152 | 753 | 1:15:54 | PETER WALKER | | Male | 136 | MO | 61 | 1:15:52 | 156 |
| 153 | 298 | 1:15:54 | DAVID PATTERSON | | Male | 137 | MO | 62 | 1:15:31 | 149 |
| 154 | 606 | 1:15:54 | MARCIN KOWALSKI | | Male | 138 | MSV | 20 | 1:15:47 | 153 |
| 155 | 742 | 1:15:56 | COLIN GILLARD | | Male | 139 | MV | 57 | 1:15:47 | 154 |
| 156 | 743 | 1:15:56 | RICHARD PAXMAN | | Male | 140 | MV | 58 | 1:15:47 | 155 |
| 157 | 34 | 1:16:02 | PAUL MITCHELL | THURROCK HARRIERS | Male | 141 | MV | 59 | 1:15:53 | 157 |
| 158 | 496 | 1:16:10 | MARK GAITELY | | Male | 142 | MV | 60 | 1:16:00 | 158 |
| 159 | 695 | 1:16:33 | ALASTAIR PIPER (GBV) | | Male | 143 | MV | 61 | 1:16:25 | 160 |
| 160 | 235 | 1:16:34 | DERRICK KING (GBV) | | Male | 144 | MSV | 21 | 1:16:27 | 161 |
| 161 | 528 | 1:16:36 | JEFF FENTON | HAVERING 90 JOGGERS | Male | 145 | MSV | 22 | 1:16:19 | 159 |
| 162 | 295 | 1:16:38 | IAN BERNHARDT | LEIGH ON SEA STRIDERS | Male | 146 | MV | 62 | 1:16:33 | 162 |
| 163 | 175 | 1:16:42 | DANIEL LYONS | BENFLEET R C | Male | 147 | MO | 63 | 1:16:35 | 163 |
| 164 | 688 | 1:16:50 | MARK WILLIAMS | WITHAM R C | Male | 148 | MSV | 23 | 1:16:43 | 165 |
| 165 | 325 | 1:16:57 | RAYMOND SELWYN | CASTLE POINT JOGGERS | Male | 149 | MSV | 24 | 1:16:39 | 164 |
| 166 | 159 | 1:16:58 | JON YORSTON | BLACKWATER TRI CLUB | Male | 150 | MV | 63 | 1:16:48 | 166 |
| 167 | 401 | 1:16:58 | NEIL STACEY | MAIDSTONE HARRIERS | Male | 151 | MO | 64 | 1:16:52 | 169 |
| 168 | 552 | 1:16:59 | MARK LYNCH | WITHAM R C | Male | 152 | MV | 64 | 1:16:48 | 167 |
| 169 | 437 | 1:17:00 | LOUISE NEVILLE | | Female | 17 | FO | 5 | 1:16:54 | 171 |
| 170 | 80 | 1:17:01 | JAMES JACKSON (GBV) | | Male | 153 | MO | 65 | 1:16:49 | 168 |
| 171 | 748 | 1:17:15 | OLIVER TAYLOR | | Male | 154 | MO | 66 | 1:16:52 | 170 |
| 172 | 711 | 1:17:15 | CARLOS CAMACHO | | Male | 155 | MSV | 25 | 1:17:00 | 174 |
| 173 | 735 | 1:17:18 | LEIGHT NORRIS | | Male | 156 | MO | 67 | 1:17:12 | 176 |
| 174 | 58 | 1:17:20 | ARRAN SALMON | LEIGH ON SEA STRIDERS | Male | 157 | MV | 65 | 1:17:10 | 175 |
| 175 | 510 | 1:17:30 | PETER GOLD | MID ESSEX CASUALS | Male | 158 | MSV | 26 | 1:17:24 | 178 |
| 176 | 766 | 1:17:34 | LIBBY WATSON | | Male | 159 | MO | 68 | 1:17:16 | 177 |
| 177 | 771 | 1:17:35 | NUALA CARSON | | Female | 18 | FO | 6 | 1:16:54 | 172 |
| 178 | 443 | 1:17:38 | PAUL WHITELEY | | Male | 160 | MO | 69 | 1:16:57 | 173 |
| 179 | 264 | 1:17:43 | JEMMA LEE | LEIGH ON SEA STRIDERS | Female | 19 | FO | 7 | 1:17:29 | 179 |
| 180 | 23 | 1:17:44 | MIKE FROST | | Male | 161 | MV | 66 | 1:17:32 | 180 |
| 181 | 639 | 1:17:49 | ANDREW QUINN (GBV) | SPRINGFIELD STRIDERS | Male | 162 | MV | 67 | 1:17:36 | 181 |
| 182 | 255 | 1:17:54 | GERRY GREENWOLD | SPRINGFIELD STRIDERS | Male | 163 | MV | 68 | 1:17:45 | 182 |
| 183 | 84 | 1:17:57 | JAMES TYRER | WARE JOGGERS | Male | 164 | MO | 70 | 1:17:55 | 184 |
| 184 | 2 | 1:17:58 | TRACY ENGLISH | LEIGH ON SEA STRIDERS | Female | 20 | FV | 10 | 1:17:54 | 183 |
| 185 | 99 | 1:18:00 | MICHAEL TURREINGTON | THRIFT GREEN TROTTERS | Male | 165 | MO | 71 | 1:17:56 | 185 |
| 186 | 117 | 1:18:02 | MARTIN BLACKER | WARE JOGGERS | Male | 166 | MV | 69 | 1:18:01 | 187 |
| 187 | 649 | 1:18:03 | STEVEN TAYLOR | | Male | 167 | MV | 70 | 1:17:57 | 186 |
| 188 | 498 | 1:18:13 | NICK SANY (GBV) | | Male | 168 | MO | 72 | 1:18:02 | 188 |
| 189 | 604 | 1:18:15 | REBECCA GILL | EAST ESSEX TRIATHLON CLUB | Female | 21 | FV | 11 | 1:18:07 | 189 |
| 190 | 305 | 1:18:20 | JANE ELGAR | BILLERICAY STRIDERS | Female | 22 | FSV | 4 | 1:18:09 | 190 |
| 191 | 516 | 1:18:26 | TONY HALLETT | | Male | 169 | MV | 71 | 1:18:12 | 191 |
| 192 | 749 | 1:18:26 | ANDREW BULLEN | | Male | 170 | MV | 72 | 1:18:14 | 192 |
| 193 | 25 | 1:18:39 | KERRY MARSH | SPRINGFIELD STRIDERS | Female | 23 | FV | 12 | 1:18:33 | 196 |
| 194 | 410 | 1:18:42 | JOHN TENNANT | HARLOW R C | Male | 171 | MSV | 27 | 1:18:28 | 193 |
| 195 | 493 | 1:18:46 | STEVEN WESSON | HAVERING 90 JOGGERS | Male | 172 | MV | 73 | 1:18:31 | 195 |
| 196 | 463 | 1:18:48 | ROBERT JOHNSON | | Male | 173 | MO | 73 | 1:18:37 | 199 |
| 197 | 107 | 1:18:48 | TOM ROBINSON | BENFLEET R C | Male | 174 | MV | 74 | 1:18:34 | 197 |
| 198 | 674 | 1:18:50 | MIKE WILTSHIRE | DNA BOOTCAMP | Male | 175 | MV | 75 | 1:18:41 | 201 |
| 199 | 261 | 1:18:50 | MARK BOWEN | | Male | 176 | MV | 76 | 1:18:39 | 200 |
| 200 | 237 | 1:18:51 | SHAWN CLARK (GBV) | | Male | 177 | MO | 74 | 1:18:28 | 194 |
| 201 | 420 | 1:18:55 | SIMON MOORE | BILLERICAY STRIDERS | Male | 178 | MO | 75 | 1:18:49 | 205 |
| 202 | 529 | 1:18:56 | SHELLEY HALL | BENFLEET R C | Female | 24 | FV | 13 | 1:18:42 | 202 |
| 203 | 661 | 1:18:59 | GARY BROWN | THRIFT GREEN TROTTERS | Male | 179 | MV | 77 | 1:18:34 | 198 |
| 204 | 213 | 1:19:02 | NICK MILLS | | Male | 180 | MSV | 28 | 1:18:49 | 206 |
| 205 | 534 | 1:19:05 | ROBERT PAYNE | | Male | 181 | MV | 78 | 1:18:45 | 204 |
| 206 | 539 | 1:19:06 | ROBERT SIRETT | SPRINGFIELD STRIDERS | Male | 182 | MV | 79 | 1:18:58 | 208 |
| 207 | 120 | 1:19:07 | PHIL CUNNINGHAM | WARE JOGGERS | Male | 183 | MSV | 29 | 1:18:55 | 207 |
| 208 | 704 | 1:19:13 | DAVID WOOD | | Male | 184 | MV | 80 | 1:18:43 | 203 |
| 209 | 155 | 1:19:15 | SHAWN BECKERLEG | WITHAM R C | Male | 185 | MV | 81 | 1:19:07 | 210 |
| 210 | 567 | 1:19:22 | STEPHEN DUNN | ETON MANOR A C | Male | 186 | MV | 82 | 1:19:15 | 212 |

| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|----------------------|---------------------------|--------|------------|-------|-----------|-----------|----------|
| 211 | 515 | 1:19:26 | NIKI READ | LEIGH ON SEA STRIDERS | Male | 187 | MO | 76 | 1:19:22 | 214 |
| 212 | 364 | 1:19:28 | RICHARD MIDDLEDITCH | | Male | 188 | MO | 77 | 1:19:04 | 209 |
| 213 | 659 | 1:19:29 | BARRY CULLING | BARKING ROAD RUNNERS | Male | 189 | MO | 78 | 1:19:25 | 216 |
| 214 | 216 | 1:19:42 | GRAHAM STATTER | BISHOPS STORTFORD R C | Male | 190 | MSV | 30 | 1:19:30 | 217 |
| 215 | 154 | 1:19:43 | MICHAEL FANCE | | Male | 191 | MV | 83 | 1:19:21 | 213 |
| 216 | 751 | 1:19:45 | ROBERT THOMPSON | | Male | 192 | MV | 84 | 1:19:23 | 215 |
| 217 | 27 | 1:19:52 | JAMES BOWKER | ROCHFORD R C | Male | 193 | MV | 85 | 1:19:09 | 211 |
| 218 | 86 | 1:19:57 | STEPHEN BURTON | BENFLEET R C | Male | 194 | MSV | 31 | 1:19:49 | 219 |
| 219 | 484 | 1:20:04 | PETER BOULDSTRIDGE | TIPTREE ROAD RUNNERS | Male | 195 | MSV | 32 | 1:19:51 | 221 |
| 220 | 214 | 1:20:10 | AIDAN HARWOOD | | Male | 196 | MO | 79 | 1:19:38 | 218 |
| 221 | 569 | 1:20:16 | RICHARD FULLER | EAST ESSEX TRIATHLON CLUB | Male | 197 | MSV | 33 | 1:19:50 | 220 |
| 222 | 621 | 1:20:22 | NIKKI HILLS | | Female | 25 | FV | 14 | 1:20:11 | 223 |
| 223 | 82 | 1:20:23 | MARK BENHAM | | Male | 198 | MSV | 34 | 1:20:12 | 225 |
| 224 | 183 | 1:20:28 | JAY BUDE | | Male | 199 | MO | 80 | 1:20:11 | 224 |
| 225 | 96 | 1:20:28 | DONNA MORRIS | WITHAM R C | Female | 26 | FSV | 5 | 1:20:18 | 226 |
| 226 | 391 | 1:20:33 | DAVE SEYMOUR | | Male | 200 | MO | 81 | 1:20:24 | 229 |
| 227 | 689 | 1:20:36 | PAUL GRIBBON | EAST ESSEX TRIATHLON CLUB | Male | 201 | MV | 86 | 1:20:08 | 222 |
| 228 | 343 | 1:20:39 | MARK RANDALL | MAIDSTONE HARRIERS | Male | 202 | MO | 82 | 1:20:34 | 233 |
| 229 | 167 | 1:20:45 | STEWART MORLEY | BENFLEET R C | Male | 203 | MV | 87 | 1:20:34 | 234 |
| 230 | 722 | 1:20:47 | MARK ALLEN | | Male | 204 | MO | 83 | 1:20:21 | 227 |
| 231 | 31 | 1:20:54 | MARK GRENVILLE | | Male | 205 | MSV | 35 | 1:20:21 | 228 |
| 232 | 566 | 1:20:54 | HAZEL BUIST | HALSTEAD R R C | Female | 27 | FO | 8 | 1:20:47 | 238 |
| 233 | 143 | 1:20:57 | CLIVE SLAYFORD | FLYERS SOUTHEND | Male | 206 | MO | 84 | 1:20:47 | 239 |
| 234 | 367 | 1:20:58 | LEON BERQUEZ | | Male | 207 | MO | 85 | 1:20:30 | 231 |
| 235 | 457 | 1:20:58 | PETER HENRY | | Male | 208 | MV | 88 | 1:20:30 | 232 |
| 236 | 715 | 1:20:59 | PHILL CLARKE | | Male | 209 | MV | 89 | 1:20:28 | 230 |
| 237 | 166 | 1:21:00 | JOSEPHINE SHEFFIELD | BRAINTREE & DISTRICT A C | Female | 28 | FSV | 6 | 1:20:41 | 236 |
| 238 | 6 | 1:21:01 | PAUL BRENNAN | WARE JOGGERS | Male | 210 | MSV | 36 | 1:20:48 | 240 |
| 239 | 705 | 1:21:03 | HUGH LOVETT | | Male | 211 | MV | 90 | 1:20:41 | 237 |
| 240 | 109 | 1:21:04 | MARIANNE MITCHELL | WARE JOGGERS | Female | 29 | FV | 15 | 1:20:50 | 241 |
| 241 | 741 | 1:21:04 | JAMES THOMAS | | Male | 212 | MO | 86 | 1:20:34 | 235 |
| 242 | 223 | 1:21:06 | LLOYD HARVEY | | Male | 213 | MV | 91 | 1:20:58 | 244 |
| 243 | 282 | 1:21:10 | CLARE WORLEY | BILLERICAY STRIDERS | Female | 30 | FV | 16 | 1:21:04 | 246 |
| 244 | 1 | 1:21:10 | IAN CARMICHAEL | BILLERICAY STRIDERS | Male | 214 | MSV | 37 | 1:21:04 | 247 |
| 245 | 707 | 1:21:17 | DAVID LISSIMORE | | Male | 215 | MSV | 38 | 1:20:52 | 242 |
| 246 | 272 | 1:21:18 | STEVE OWEN (GBV) | | Male | 216 | MV | 92 | 1:21:01 | 245 |
| 247 | 111 | 1:21:26 | NEIL HALLS | SAFFRON STRIDERS | Male | 217 | MV | 93 | 1:21:17 | 250 |
| 248 | 69 | 1:21:29 | LETICIA MARTIN ARIAS | | Female | 31 | FO | 9 | 1:21:14 | 249 |
| 249 | 474 | 1:21:30 | DAVID JEFFREY | | Male | 218 | MV | 94 | 1:20:53 | 243 |
| 250 | 137 | 1:21:37 | KEVIN MORRISON | | Male | 219 | MO | 87 | 1:21:18 | 251 |
| 251 | 136 | 1:21:37 | KELLY MORRISON | | Female | 32 | FO | 10 | 1:21:18 | 252 |
| 252 | 386 | 1:21:45 | JASON LIVENS | | Male | 220 | MV | 95 | 1:21:28 | 256 |
| 253 | 447 | 1:21:48 | ROSS HOLLINGSWORTH | | Male | 221 | MO | 88 | 1:21:20 | 253 |
| 254 | 480 | 1:21:49 | JAMES MCDONALD | | Male | 222 | MO | 89 | 1:21:20 | 254 |
| 255 | 490 | 1:21:49 | LIAM WOODS | | Male | 223 | MO | 90 | 1:21:20 | 255 |
| 256 | 744 | 1:21:51 | KEVIN MAGUIRE | | Male | 224 | MV | 96 | 1:21:13 | 248 |
| 257 | 642 | 1:21:54 | ALEXA PARKER | THRIFT GREEN TROTTERS | Female | 33 | FV | 17 | 1:21:39 | 257 |
| 258 | 561 | 1:21:59 | SUSAN WALKER | | Female | 34 | FSV | 7 | 1:21:47 | 259 |
| 259 | 557 | 1:22:06 | DENNIS DUDLEY | BENFLEET R C | Male | 225 | MSV | 39 | 1:21:58 | 260 |
| 260 | 499 | 1:22:06 | FIONA WALKER | LEIGH ON SEA STRIDERS | Female | 35 | FSV | 8 | 1:21:46 | 258 |
| 261 | 734 | 1:22:17 | ROBERT WEST | | Female | 36 | FV | 18 | 1:22:00 | 261 |
| 262 | 32 | 1:22:26 | MARK ARMITAGE | LEIGH ON SEA STRIDERS | Male | 226 | MV | 97 | 1:22:16 | 264 |
| 263 | 445 | 1:22:28 | DAVID WARD | LEIGH ON SEA STRIDERS | Male | 227 | MSV | 40 | 1:22:04 | 262 |
| 264 | 14 | 1:22:34 | LORRAINE MANLOVE | | Female | 37 | FSV | 9 | 1:22:17 | 265 |
| 265 | 559 | 1:22:40 | CHRIS JONES | THRIFT GREEN TROTTERS | Male | 228 | MSV | 41 | 1:22:25 | 266 |
| 266 | 146 | 1:22:40 | RYAN HOLDEN (GBV) | | Male | 229 | MO | 91 | 1:22:14 | 263 |
| 267 | 548 | 1:22:41 | JACALYN EYRES | | Female | 38 | FSV | 10 | 1:22:30 | 268 |
| 268 | 651 | 1:22:45 | COLIN DUNN | CASTLE POINT JOGGERS | Male | 230 | MV | 98 | 1:22:35 | 270 |
| 269 | 461 | 1:22:47 | JIM BATES | HARLOW R C | Male | 231 | MSV | 42 | 1:22:26 | 267 |
| 270 | 71 | 1:23:00 | ROSS SILVERTON | WITHAM R C | Male | 232 | MSV | 43 | 1:22:49 | 274 |
| 271 | 134 | 1:23:01 | TARA DIXON | | Female | 39 | FSV | 11 | 1:22:43 | 273 |
| 272 | 365 | 1:23:04 | NEIL KIRSH | EAST ESSEX TRIATHLON CLUB | Male | 233 | MV | 99 | 1:22:42 | 272 |
| 273 | 703 | 1:23:09 | DUNCAN MCKENZIE | | Male | 234 | MSV | 44 | 1:22:57 | 277 |
| 274 | 502 | 1:23:09 | JAMES WAKELING | | Male | 235 | MO | 92 | 1:22:36 | 271 |
| 275 | 352 | 1:23:10 | LEE BURGESS | | Male | 236 | MO | 93 | 1:22:31 | 269 |
| 276 | 372 | 1:23:11 | KATIE ALLSOP | | Female | 40 | FO | 11 | 1:22:52 | 275 |
| 277 | 57 | 1:23:13 | PAUL TUNMER | SPRINGFIELD STRIDERS | Male | 237 | MSV | 45 | 1:22:55 | 276 |
| 278 | 555 | 1:23:14 | LAURA MARKWARDT | | Female | 41 | FO | 12 | 1:23:02 | 279 |
| 279 | 103 | 1:23:17 | ANGELA BENFIELD | BENFLEET R C | Female | 42 | FV | 19 | 1:23:04 | 281 |
| 280 | 228 | 1:23:20 | LAURISSA WILTSHIRE | | Female | 43 | FV | 20 | 1:23:11 | 283 |

| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|--------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 281 | 594 | 1:23:28 | JOHNNY LAU | LEIGH ON SEA STRIDERS | Male | 238 | MV | 100 | 1:23:04 | 282 |
| 282 | 335 | 1:23:31 | LYNSEY PRENTICE | THRIFT GREEN TROTTERS | Female | 44 | FV | 21 | 1:23:16 | 285 |
| 283 | 238 | 1:23:34 | MARK POWELL | | Male | 239 | MO | 94 | 1:22:58 | 278 |
| 284 | 344 | 1:23:34 | ANDREW HART (GBV) | | Male | 240 | MO | 95 | 1:23:03 | 280 |
| 285 | 15 | 1:23:41 | STEVE PRYOR (GBV) | | Male | 241 | MO | 96 | 1:23:20 | 286 |
| 286 | 719 | 1:23:42 | LIAM SMITH | | Male | 242 | MO | 97 | 1:23:14 | 284 |
| 287 | 104 | 1:23:42 | JAYNE STACEY | BENFLEET R C | Female | 45 | FO | 13 | 1:23:27 | 288 |
| 288 | 700 | 1:23:43 | ROBIN LOZEAU | HARLOW R C | Male | 243 | MSV | 46 | 1:23:21 | 287 |
| 289 | 293 | 1:23:46 | CHRIS ROBINSON | | Male | 244 | MV | 101 | 1:23:38 | 293 |
| 290 | 507 | 1:23:48 | MICHAELA CLARKE | COLCHESTER HARRIERS | Female | 46 | FV | 22 | 1:23:33 | 290 |
| 291 | 506 | 1:23:48 | JAMES TAYLOR | COLCHESTER HARRIERS | Male | 245 | MO | 98 | 1:23:34 | 291 |
| 292 | 33 | 1:23:50 | JANET READITT | WARE JOGGERS | Female | 47 | FSV | 12 | 1:23:36 | 292 |
| 293 | 665 | 1:23:53 | JOEL GOWEN (GBV) | | Male | 246 | MO | 99 | 1:23:29 | 289 |
| 294 | 624 | 1:24:03 | J FULLER (GBV) | | Male | 247 | MV | 102 | 1:23:38 | 294 |
| 295 | 511 | 1:24:14 | SAM ROWE | WARE JOGGERS | Female | 48 | FSV | 13 | 1:24:01 | 299 |
| 296 | 152 | 1:24:15 | GARY ROWLEY | EAST ESSEX TRIATHLON CLUB | Male | 248 | MO | 100 | 1:23:51 | 297 |
| 297 | 745 | 1:24:24 | PETER GIBBONS | | Male | 249 | MV | 103 | 1:23:42 | 295 |
| 298 | 147 | 1:24:26 | JEREMY BUCKLEY | | Male | 250 | MV | 104 | 1:23:44 | 296 |
| 299 | 580 | 1:24:36 | ROB HINTON | THRIFT GREEN TROTTERS | Female | 49 | FSV | 14 | 1:23:55 | 298 |
| 300 | 202 | 1:24:39 | PETRA KNIGHT | | Female | 50 | FV | 23 | 1:24:10 | 301 |
| 301 | 304 | 1:24:40 | MARK PITT | | Male | 251 | MV | 105 | 1:24:28 | 305 |
| 302 | 616 | 1:24:45 | DARREN POTTINGER | | Male | 252 | MV | 106 | 1:24:04 | 300 |
| 303 | 157 | 1:24:48 | R ANDERSON (GBV) | | Female | 51 | FO | 14 | 1:24:12 | 302 |
| 304 | 677 | 1:24:50 | MIKE SILK (GBV) | | Male | 253 | MSV | 47 | 1:24:20 | 303 |
| 305 | 48 | 1:24:50 | EDWARD WILLIS | | Male | 254 | MV | 107 | 1:24:24 | 304 |
| 306 | 125 | 1:24:57 | D GAUSSENS (GBV) | | Male | 255 | MO | 101 | 1:24:41 | 309 |
| 307 | 356 | 1:24:58 | JO-ANNE JOHNSON | SPRINGFIELD STRIDERS | Female | 52 | FV | 24 | 1:24:28 | 306 |
| 308 | 547 | 1:24:58 | JOHN MILLS | | Male | 256 | MV | 108 | 1:24:31 | 307 |
| 309 | 148 | 1:25:01 | BARRY BAILEY | | Male | 257 | MV | 109 | 1:24:43 | 310 |
| 310 | 311 | 1:25:02 | SARAH OWEN | | Female | 53 | FSV | 15 | 1:24:46 | 311 |
| 311 | 530 | 1:25:07 | KATE MONAGHAN | LITTLE BADDOW RIDGE RUNNERS | Female | 54 | FO | 15 | 1:24:51 | 315 |
| 312 | 721 | 1:25:07 | CHRISTOPHER BROWN | | Male | 258 | MSV | 48 | 1:24:51 | 316 |
| 313 | 716 | 1:25:08 | HARRY BARLEY | | Male | 259 | MO | 102 | 1:24:58 | 321 |
| 314 | 101 | 1:25:09 | STUART GEAR | | Male | 260 | MO | 103 | 1:24:49 | 312 |
| 315 | 617 | 1:25:11 | MARK POTTINGER | | Male | 261 | MV | 110 | 1:24:31 | 308 |
| 316 | 382 | 1:25:12 | ROBERT CRAVEN | | Male | 262 | MO | 104 | 1:24:54 | 318 |
| 317 | 67 | 1:25:12 | RICHARD HARMER | THRIFTGREEN TROTTERS | Male | 263 | MV | 111 | 1:24:56 | 319 |
| 318 | 26 | 1:25:14 | ALISON NORRINGTON | THRIFTGREEN TROTTERS | Female | 55 | FSV | 16 | 1:24:58 | 322 |
| 319 | 271 | 1:25:15 | JULIA OWEN (GBV) | | Female | 56 | FSV | 17 | 1:24:58 | 323 |
| 320 | 98 | 1:25:17 | ANN IVES | | Female | 57 | FV | 25 | 1:24:50 | 314 |
| 321 | 97 | 1:25:17 | KEVIN IVES | | Male | 264 | MV | 112 | 1:24:49 | 313 |
| 322 | 270 | 1:25:19 | S WILKINSON (GBV) | BLACKWATER TRI CLUB | Female | 58 | FV | 26 | 1:25:08 | 326 |
| 323 | 19 | 1:25:21 | GRAHAM LEE | TRAIL RUNNERS ASSOCIATION | Male | 265 | MV | 113 | 1:24:56 | 320 |
| 324 | 210 | 1:25:24 | RAOUL GRANTHAM | BRAINTREE & DISTRICT A C | Male | 266 | MV | 114 | 1:25:18 | 329 |
| 325 | 191 | 1:25:25 | DAVID SOUTHGATE | BLACKWATER TRI CLUB | Male | 267 | MV | 115 | 1:25:11 | 327 |
| 326 | 610 | 1:25:28 | DAISY MARTIN | THRIFT GREEN TROTTERS | Female | 59 | FO | 16 | 1:25:14 | 328 |
| 327 | 328 | 1:25:31 | EMMA WHITING (GBV) | | Female | 60 | FO | 17 | 1:24:52 | 317 |
| 328 | 206 | 1:25:35 | IAN WATKINS | SPRINGFIELD STRIDERS | Male | 268 | MSV | 49 | 1:25:06 | 324 |
| 329 | 620 | 1:25:35 | CAROLINE ADLEM | SPRINGFIELD STRIDERS | Female | 61 | FV | 27 | 1:25:20 | 331 |
| 330 | 497 | 1:25:42 | TREVOR DUNCAN | | Male | 269 | MV | 116 | 1:25:19 | 330 |
| 331 | 172 | 1:25:43 | STEPHEN NASH | | Male | 270 | MV | 117 | 1:25:07 | 325 |
| 332 | 701 | 1:25:47 | KEVIN BELLAMY | | Male | 271 | MSV | 50 | 1:25:21 | 332 |
| 333 | 212 | 1:25:47 | TRACY RUSSELL | TIPTREE ROAD RUNNERS | Female | 62 | FV | 28 | 1:25:34 | 334 |
| 334 | 598 | 1:25:51 | E MACLEAN (GBV) | | Female | 63 | FV | 29 | 1:25:33 | 333 |
| 335 | 441 | 1:25:52 | KEITH LIMBURN | LEIGH ON SEA STRIDERS | Male | 272 | MV | 118 | 1:25:42 | 337 |
| 336 | 131 | 1:25:54 | TANIA HAGAN | LEIGH ON SEA STRIDERS | Female | 64 | FO | 18 | 1:25:34 | 335 |
| 337 | 400 | 1:25:56 | CARLA BELL | WARE JOGGERS | Female | 65 | FSV | 18 | 1:25:43 | 338 |
| 338 | 349 | 1:25:58 | JAMES RUSSELL | PITSEA R C | Male | 273 | MSV | 51 | 1:25:38 | 336 |
| 339 | 595 | 1:26:05 | PETER TREE | THRIFT GREEN TROTTERS | Male | 274 | MSV | 52 | 1:25:50 | 341 |
| 340 | 289 | 1:26:06 | JOHN WARNE | BRAINTREE & DISTRICT A C | Male | 275 | MSV | 53 | 1:25:47 | 340 |
| 341 | 634 | 1:26:14 | DAVE JOY | ROCHFORD R C | Male | 276 | MSV | 54 | 1:25:46 | 339 |
| 342 | 485 | 1:26:17 | PATRICK O'CONNOR | CASTLE POINT JOGGERS | Male | 277 | MSV | 55 | 1:25:58 | 343 |
| 343 | 769 | 1:26:18 | SAM CONSTABLE | | Male | 278 | MO | 105 | 1:25:54 | 342 |
| 344 | 236 | 1:26:25 | WENDY ALDRIDGE | | Female | 66 | FSV | 19 | 1:26:13 | 346 |
| 345 | 768 | 1:26:30 | JOE EMEAG | | Male | 279 | MSV | 56 | 1:26:13 | 347 |
| 346 | 706 | 1:26:34 | MATT DEBENHAM | | Male | 280 | MV | 119 | 1:26:24 | 350 |
| 347 | 251 | 1:26:36 | KARL OLDMAN | | Male | 281 | MO | 106 | 1:26:07 | 345 |
| 348 | 315 | 1:26:38 | SARAH DITCHBURN | DNA BOOTCAMP | Female | 67 | FV | 30 | 1:26:02 | 344 |
| 349 | 94 | 1:26:40 | JOHN PARDON | BILLERICAY STRIDERS | Male | 282 | MSV | 57 | 1:26:29 | 352 |
| 350 | 655 | 1:26:43 | NIGEL GROVES | MAIDSTONE HARRIERS | Male | 283 | MV | 120 | 1:26:20 | 349 |



| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|----------------------|-----------------------|--------|------------|-------|-----------|-----------|----------|
| 351 | 663 | 1:26:44 | NATALIE SMITH | WATFORD JOGGERS | Female | 68 | FV | 31 | 1:26:15 | 348 |
| 352 | 4 | 1:26:45 | ROBERT WADDINGHAM | WARE JOGGERS | Male | 284 | MSV | 58 | 1:26:32 | 354 |
| 353 | 702 | 1:26:46 | CHARLES ROSS | | Male | 285 | MSV | 59 | 1:26:32 | 355 |
| 354 | 599 | 1:26:56 | DEBBIE SMITH | PHOENIX STRIDERS | Female | 69 | FSV | 20 | 1:26:41 | 358 |
| 355 | 407 | 1:27:00 | DANNY WHITE | DAGENHAM 88 RUNNERS | Male | 286 | MV | 121 | 1:26:36 | 356 |
| 356 | 754 | 1:27:02 | TOM NORTON | | Male | 287 | MO | 107 | 1:26:37 | 357 |
| 357 | 314 | 1:27:03 | STEVE DITCHBURN | DNA BOOTCAMP | Male | 288 | MV | 122 | 1:26:27 | 351 |
| 358 | 724 | 1:27:03 | CHRISTOPHER MAY | | Male | 289 | MV | 123 | 1:26:31 | 353 |
| 359 | 303 | 1:27:03 | MARY LLOYD | THRIFT GREEN TROTTERS | Female | 70 | FSV | 21 | 1:26:48 | 360 |
| 360 | 646 | 1:27:09 | JENNY BARRETT | SPRINGFIELD STRIDERS | Female | 71 | FV | 32 | 1:26:50 | 363 |
| 361 | 326 | 1:27:12 | PAUL PICKFORD | DAGENHAM 88 | Male | 290 | MV | 124 | 1:26:48 | 361 |
| 362 | 662 | 1:27:19 | JASON PRIMMER | HAVERING 90 JOGGERS | Male | 291 | MV | 125 | 1:26:49 | 362 |
| 363 | 222 | 1:27:28 | ED JONES | | Male | 292 | MV | 126 | 1:26:47 | 359 |
| 364 | 83 | 1:27:30 | R GILBERT (GBV) | | Male | 293 | MV | 127 | 1:27:08 | 368 |
| 365 | 394 | 1:27:35 | ANGELA RIDLEY | | Female | 72 | FV | 33 | 1:27:11 | 369 |
| 366 | 731 | 1:27:38 | MIKE DRAIN | | Male | 294 | MO | 108 | 1:27:12 | 371 |
| 367 | 112 | 1:27:38 | DERMOT CONNELL | | Male | 295 | MSV | 60 | 1:27:11 | 370 |
| 368 | 614 | 1:27:39 | DANIEL CROSS | | Male | 296 | MO | 109 | 1:26:56 | 364 |
| 369 | 342 | 1:27:40 | NICOLA HUNT | DNA BOOTCAMP | Female | 73 | FV | 34 | 1:27:04 | 365 |
| 370 | 381 | 1:27:41 | ANDY SWEETING | | Male | 297 | MV | 128 | 1:27:24 | 372 |
| 371 | 521 | 1:27:43 | SIOBHAN DREW | DNA BOOTCAMP | Female | 74 | FV | 35 | 1:27:06 | 366 |
| 372 | 310 | 1:27:43 | STEPHEN BRIGHT | | Male | 298 | MSV | 61 | 1:27:26 | 374 |
| 373 | 242 | 1:27:46 | NICHOLA NORMAN | | Female | 75 | FSV | 22 | 1:27:25 | 373 |
| 374 | 622 | 1:27:48 | DAVID TAYLOR | | Male | 299 | MV | 129 | 1:27:07 | 367 |
| 375 | 632 | 1:27:53 | DOUG STEPHENS | BENFLEET R C | Male | 300 | MSV | 62 | 1:27:27 | 375 |
| 376 | 694 | 1:28:04 | MATT DECHAMPS | | Male | 301 | MO | 110 | 1:27:55 | 376 |
| 377 | 545 | 1:28:19 | SOPHIE PARKER | | Female | 76 | FO | 19 | 1:28:02 | 379 |
| 378 | 178 | 1:28:25 | GARETH SCOTT | THRIFT GREEN TROTTERS | Male | 302 | MSV | 63 | 1:28:07 | 382 |
| 379 | 127 | 1:28:27 | JONATHAN GOSDEN | | Male | 303 | MO | 111 | 1:28:01 | 378 |
| 380 | 687 | 1:28:33 | DEBBIE BARRY | HARLOW R C | Female | 77 | FSV | 23 | 1:28:08 | 383 |
| 381 | 535 | 1:28:36 | DAVID MILLS | PHOENIX STRIDERS | Male | 304 | MSV | 64 | 1:28:00 | 377 |
| 382 | 564 | 1:28:40 | KAREN STOREY | SPRINGFIELD STRIDERS | Female | 78 | FV | 36 | 1:28:09 | 384 |
| 383 | 142 | 1:28:43 | CLARE YEOMANS | | Female | 79 | FSV | 24 | 1:28:28 | 386 |
| 384 | 66 | 1:28:46 | JAMES CROUCHMAN | | Male | 305 | MSV | 65 | 1:28:02 | 380 |
| 385 | 85 | 1:28:46 | G CARTWRIGHT (GBV) | | Male | 306 | MSV | 66 | 1:28:02 | 381 |
| 386 | 54 | 1:28:49 | MARTIN KENNEDY (GBV) | | Male | 307 | MV | 130 | 1:28:23 | 385 |
| 387 | 56 | 1:29:00 | NIC VINCENT | SOUTHEND A C | Male | 308 | MV | 131 | 1:28:39 | 389 |
| 388 | 337 | 1:29:02 | STEPHEN BARR | | Male | 309 | MV | 132 | 1:28:42 | 391 |
| 389 | 565 | 1:29:05 | PAUL CATMULL | | Male | 310 | MSV | 67 | 1:28:35 | 387 |
| 390 | 725 | 1:29:07 | JANIE RUSSELL | | Male | 311 | MO | 112 | 1:28:35 | 388 |
| 391 | 322 | 1:29:08 | PETER DUCIE | SPRINGFIELD STRIDERS | Male | 312 | MSV | 68 | 1:28:39 | 390 |
| 392 | 693 | 1:29:08 | JONATHAN SWAN | | Male | 313 | MSV | 69 | 1:28:53 | 394 |
| 393 | 648 | 1:29:11 | ANITA GRAINGER | WITHAM R C | Female | 80 | FV | 37 | 1:28:59 | 397 |
| 394 | 393 | 1:29:11 | KAYLEIGH EATON | | Female | 81 | FO | 20 | 1:28:44 | 392 |
| 395 | 81 | 1:29:11 | NICKI BENHAM | | Female | 82 | FSV | 25 | 1:29:00 | 398 |
| 396 | 389 | 1:29:16 | KAREN CHAPMAN (GBV) | SPRINGFIELD STRIDERS | Female | 83 | FV | 38 | 1:28:48 | 393 |
| 397 | 482 | 1:29:19 | SHELLEY PARKER | | Female | 84 | FO | 21 | 1:29:02 | 399 |
| 398 | 379 | 1:29:24 | ANDREW BURGESS | MAIDSTONE HARRIERS | Male | 314 | MV | 133 | 1:28:54 | 396 |
| 399 | 165 | 1:29:30 | ANDY SALTWELL | | Male | 315 | MSV | 70 | 1:28:53 | 395 |
| 400 | 21 | 1:29:31 | COLIN CORBY | MID ESSEX CASUALS | Male | 316 | MSV | 71 | 1:29:17 | 402 |
| 401 | 709 | 1:29:36 | BOB WRIGHT | | Male | 317 | MSV | 72 | 1:29:18 | 403 |
| 402 | 630 | 1:29:38 | ANDREW TIETJEN | | Male | 318 | MO | 113 | 1:29:25 | 405 |
| 403 | 631 | 1:29:40 | LINDSEY ABBOTT | | Female | 85 | FV | 39 | 1:29:27 | 407 |
| 404 | 603 | 1:29:40 | BOB GEAR | SPRINGFIELD STRIDERS | Male | 319 | MSV | 73 | 1:29:20 | 404 |
| 405 | 369 | 1:29:43 | COLIN SHORT | WITHAM R C | Male | 320 | MSV | 74 | 1:29:31 | 408 |
| 406 | 87 | 1:29:45 | M MACLEOD (GBV) | | Male | 321 | MSV | 75 | 1:29:31 | 409 |
| 407 | 95 | 1:29:47 | JAN PARDON | BILLERICAY STRIDERS | Female | 86 | FSV | 26 | 1:29:37 | 410 |
| 408 | 230 | 1:29:48 | MARK MUNDAY (GBV) | | Male | 322 | MV | 134 | 1:29:11 | 401 |
| 409 | 138 | 1:29:48 | GRAHAM GILES (GBV) | | Male | 323 | MV | 135 | 1:29:10 | 400 |
| 410 | 226 | 1:29:56 | JO CLEMENTS | | Female | 87 | FO | 22 | 1:29:25 | 406 |
| 411 | 568 | 1:30:08 | DEREK BANKS | | Male | 324 | MV | 136 | 1:29:51 | 416 |
| 412 | 327 | 1:30:11 | PHIL GOULD | | Male | 325 | MSV | 76 | 1:29:58 | 418 |
| 413 | 728 | 1:30:13 | ELISHA LETLEY | | Female | 88 | FV | 40 | 1:29:50 | 415 |
| 414 | 361 | 1:30:14 | LISA RIEFFEL | CASTLE POINT JOGGERS | Female | 89 | FSV | 27 | 1:29:47 | 412 |
| 415 | 338 | 1:30:14 | NASTASSJA SIMENSKY | | Female | 90 | FO | 23 | 1:29:47 | 413 |
| 416 | 77 | 1:30:16 | LYNN RIVERS | LEIGH ON SEA STRIDERS | Female | 91 | FSV | 28 | 1:29:51 | 417 |
| 417 | 286 | 1:30:18 | PAUL DARBY | | Male | 326 | MV | 137 | 1:29:46 | 411 |
| 418 | 714 | 1:30:19 | ROSIE ATKINS | | Female | 92 | FO | 24 | 1:30:12 | 421 |
| 419 | 121 | 1:30:21 | MATT FRANKLIN | | Male | 327 | MV | 138 | 1:29:59 | 419 |
| 420 | 613 | 1:30:29 | ANTHONY SMITH | WITHAM R C | Male | 328 | MSV | 77 | 1:29:48 | 414 |



| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|----------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 421 | 189 | 1:30:29 | ANN THOMAS | | Female | 93 | FSV | 29 | 1:30:02 | 420 |
| 422 | 458 | 1:30:40 | JANE FLOWER | | Female | 94 | FSV | 30 | 1:30:13 | 422 |
| 423 | 456 | 1:30:47 | BRIEN EDWARDS (GBV) | | Male | 329 | MO | 114 | 1:30:38 | 431 |
| 424 | 478 | 1:30:48 | TRACEY SALISBURY | | Female | 95 | FV | 41 | 1:30:30 | 427 |
| 425 | 644 | 1:30:50 | KATIE TAYLOR (GBV) | | Female | 96 | FO | 25 | 1:30:29 | 426 |
| 426 | 399 | 1:30:54 | JOHN WARD | | Male | 330 | MO | 115 | 1:30:23 | 425 |
| 427 | 448 | 1:30:54 | SARAH COX | BISHOPS STORTFORD R C | Female | 97 | FO | 26 | 1:30:20 | 424 |
| 428 | 36 | 1:30:57 | KAREN HUSSAIN | | Female | 98 | FSV | 31 | 1:30:33 | 429 |
| 429 | 590 | 1:30:59 | MATTHEW DEGROVE | | Male | 331 | MV | 139 | 1:30:16 | 423 |
| 430 | 442 | 1:31:12 | STEPHEN POWELL | | Male | 332 | MV | 140 | 1:30:32 | 428 |
| 431 | 433 | 1:31:13 | RICHARD CARVEY | | Male | 333 | MV | 141 | 1:30:54 | 434 |
| 432 | 308 | 1:31:14 | KAYLEIGH BEEDON | BRAINTREE & DISTRICT A C | Female | 99 | FO | 27 | 1:30:55 | 435 |
| 433 | 385 | 1:31:19 | AMANDA STEVENS | | Female | 100 | FV | 42 | 1:30:42 | 432 |
| 434 | 384 | 1:31:20 | LUCY LODGE | | Female | 101 | FSV | 32 | 1:30:43 | 433 |
| 435 | 570 | 1:31:21 | SUE FULLER | BENFLEET R C | Female | 102 | FSV | 33 | 1:30:37 | 430 |
| 436 | 44 | 1:31:23 | PAUL COCKLIN | WARE JOGGERS | Male | 334 | MSV | 78 | 1:31:09 | 439 |
| 437 | 432 | 1:31:25 | GILL WINSOR | DENGIE 100 RUNNERS | Female | 103 | FSV | 34 | 1:31:08 | 437 |
| 438 | 20 | 1:31:32 | ANNE RAMSDEN | WARE JOGGERS | Female | 104 | FSV | 35 | 1:31:20 | 443 |
| 439 | 411 | 1:31:34 | ANDREW MOORE | | Male | 335 | MO | 116 | 1:31:29 | 445 |
| 440 | 243 | 1:31:36 | RICHARD MOSS | | Male | 336 | MSV | 79 | 1:31:04 | 436 |
| 441 | 260 | 1:31:38 | PHILIP TAYLOR (GBV) | | Male | 337 | MSV | 80 | 1:31:15 | 442 |
| 442 | 611 | 1:31:39 | KIM FAURE (GBV) | | Female | 105 | FSV | 36 | 1:31:08 | 438 |
| 443 | 336 | 1:31:40 | P FAIRMAN (GBV) | | Male | 338 | MO | 117 | 1:31:09 | 440 |
| 444 | 464 | 1:31:41 | KEN GILBEY | | Male | 339 | MSV | 81 | 1:31:32 | 447 |
| 445 | 770 | 1:31:50 | CLARE FOREMAN | | Female | 106 | FO | 28 | 1:31:28 | 444 |
| 446 | 39 | 1:31:53 | SIMON JOYCE | WARE JOGGERS | Male | 340 | MSV | 82 | 1:31:40 | 449 |
| 447 | 415 | 1:31:54 | ANNALISA HEATH | WARE JOGGERS | Male | 341 | MO | 118 | 1:31:40 | 450 |
| 448 | 359 | 1:31:57 | RACHEL PHILIP | | Male | 342 | MV | 142 | 1:31:14 | 441 |
| 449 | 61 | 1:32:06 | MAJKEN BLAKER | | Female | 107 | FSV | 37 | 1:31:30 | 446 |
| 450 | 55 | 1:32:09 | ALISON VINCENT | DENGIE 100 RUNNERS | Female | 108 | FSV | 38 | 1:31:33 | 448 |
| 451 | 495 | 1:32:27 | LEE ANTHONY (GBV) | | Male | 343 | MV | 143 | 1:32:03 | 455 |
| 452 | 350 | 1:32:34 | STEVEN WELLS | | Male | 344 | MV | 144 | 1:31:50 | 451 |
| 453 | 249 | 1:32:34 | IAN BRAID | | Male | 345 | MV | 145 | 1:31:51 | 452 |
| 454 | 403 | 1:32:36 | DAVID HANCOCK | | Male | 346 | MO | 119 | 1:32:02 | 454 |
| 455 | 317 | 1:32:39 | SARAH BOWERMAN | | Female | 109 | FSV | 39 | 1:32:08 | 456 |
| 456 | 765 | 1:32:42 | ANTHONY DOVETON | | Male | 347 | MO | 120 | 1:31:56 | 453 |
| 457 | 608 | 1:32:44 | LIAN PETTIT | | Female | 110 | FV | 43 | 1:32:37 | 459 |
| 458 | 122 | 1:32:52 | MARTIN HURST | THRIFT GREEN TROTTERS | Male | 348 | MV | 146 | 1:32:26 | 457 |
| 459 | 153 | 1:32:55 | GLEN TAYLOR | SOUTHEND A C | Male | 349 | MSV | 83 | 1:32:34 | 458 |
| 460 | 171 | 1:33:03 | GEMMA WATKINS | | Female | 111 | FV | 44 | 1:32:38 | 460 |
| 461 | 729 | 1:33:12 | MHALE HALL | | Female | 112 | FO | 29 | 1:32:40 | 461 |
| 462 | 266 | 1:33:26 | CHRISTIAN COUSINS | | Male | 350 | MO | 121 | 1:32:43 | 462 |
| 463 | 316 | 1:33:31 | LEE BARTRIP | | Male | 351 | MSV | 84 | 1:33:08 | 463 |
| 464 | 195 | 1:33:33 | TREENA HARRINGTON | | Female | 113 | FV | 45 | 1:33:09 | 464 |
| 465 | 22 | 1:33:36 | STEVE JACKSON | | Male | 352 | MV | 147 | 1:33:24 | 467 |
| 466 | 638 | 1:33:47 | MICHELLE EVANS | | Female | 114 | FV | 46 | 1:33:10 | 465 |
| 467 | 460 | 1:33:51 | MARTIN PEARSON | MAIDSTONE HARRIERS | Male | 353 | MO | 122 | 1:33:29 | 469 |
| 468 | 161 | 1:33:57 | DANIEL TUNBRIDGE | DENGIE 100 RUNNERS | Male | 354 | MV | 148 | 1:33:18 | 466 |
| 469 | 262 | 1:34:01 | ALISON FRYATT | BARKING ROAD RUNNERS | Female | 115 | FSV | 40 | 1:33:31 | 470 |
| 470 | 541 | 1:34:06 | TRACY CLARKE-WOLFFE | | Female | 116 | FV | 47 | 1:33:48 | 471 |
| 471 | 358 | 1:34:06 | RACHEL READ | | Female | 117 | FSV | 41 | 1:33:24 | 468 |
| 472 | 612 | 1:34:08 | KEN GOODALL | | Male | 355 | MV | 149 | 1:33:48 | 472 |
| 473 | 302 | 1:34:23 | GARY WALSH | LEIGH ON SEA STRIDERS | Male | 356 | MSV | 85 | 1:34:00 | 474 |
| 474 | 727 | 1:34:33 | JO HALL | | Female | 118 | FV | 48 | 1:34:10 | 475 |
| 475 | 532 | 1:34:35 | ALPA DAY | LITTLE BADDOW RIDGE RUNNERS | Female | 119 | FV | 49 | 1:34:10 | 476 |
| 476 | 588 | 1:34:38 | MIKE BENDZULLA | | Male | 357 | MV | 150 | 1:34:10 | 477 |
| 477 | 274 | 1:34:44 | CHARLIE MACCONNACHIE | | Male | 358 | MV | 151 | 1:34:28 | 478 |
| 478 | 684 | 1:34:53 | JASON SKINNER | | Male | 359 | MV | 152 | 1:34:44 | 480 |
| 479 | 459 | 1:34:57 | DAVID BROOKS | VETERANS A C | Male | 360 | MSV | 86 | 1:33:52 | 473 |
| 480 | 371 | 1:35:01 | SIMON LAMBERT | | Male | 361 | MO | 123 | 1:34:44 | 481 |
| 481 | 692 | 1:35:02 | DAVID BOXALL | | Male | 362 | MV | 153 | 1:34:53 | 485 |
| 482 | 584 | 1:35:13 | PHILIP DAVIES | | Male | 363 | MSV | 87 | 1:34:40 | 479 |
| 483 | 647 | 1:35:17 | D SPENCER-PERKINS | BARKING ROAD RUNNERS | Male | 364 | MSV | 88 | 1:34:47 | 483 |
| 484 | 50 | 1:35:28 | NICOLA SHARP (GBV) | | Female | 120 | FV | 50 | 1:34:44 | 482 |
| 485 | 162 | 1:35:30 | EMILY DE ORFE | DENGIE 100 RUNNERS | Female | 121 | FV | 51 | 1:34:51 | 484 |
| 486 | 436 | 1:35:31 | ROSS KANE | | Male | 365 | MO | 124 | 1:35:00 | 487 |
| 487 | 586 | 1:35:38 | RICHARD FARR | | Male | 366 | MV | 154 | 1:35:05 | 489 |
| 488 | 587 | 1:35:38 | JOANNE FINCH | | Female | 122 | FV | 52 | 1:35:05 | 490 |
| 489 | 231 | 1:35:39 | ALAN PORTER | BILLERICAY STRIDERS | Male | 367 | MSV | 89 | 1:35:02 | 488 |
| 490 | 51 | 1:35:42 | JOE FISCHR (GBV) | | Male | 368 | MV | 155 | 1:34:58 | 486 |

| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|----------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 491 | 637 | 1:35:44 | OWEN MARRETT | | Male | 369 | MO | 125 | 1:35:29 | 493 |
| 492 | 163 | 1:35:53 | MATT CAMPBELL-CARR | LEIGH ON SEA STRIDERS | Male | 370 | MO | 126 | 1:35:28 | 492 |
| 493 | 575 | 1:36:06 | STEPHEN BRAME | SPRINGFEILD STRIDERS | Male | 371 | MV | 156 | 1:35:58 | 497 |
| 494 | 211 | 1:36:09 | JULIA DAVISON | ROCHFORD R C | Female | 123 | FSV | 42 | 1:35:27 | 491 |
| 495 | 404 | 1:36:16 | GRANT RILEY | | Male | 372 | MSV | 90 | 1:35:42 | 494 |
| 496 | 533 | 1:36:17 | PAUL DILLEY | | Male | 373 | MV | 157 | 1:35:56 | 496 |
| 497 | 737 | 1:36:23 | ANGELA SMITH | | Female | 124 | FV | 53 | 1:35:48 | 495 |
| 498 | 37 | 1:36:32 | JANE WREN | WARE JOGGERS | Female | 125 | FSV | 43 | 1:36:19 | 505 |
| 499 | 38 | 1:36:33 | ALAN RANDALL | WARE JOGGERS | Male | 374 | MSV | 91 | 1:36:20 | 506 |
| 500 | 177 | 1:36:37 | TERRY MARTIN | | Male | 375 | MSV | 92 | 1:36:00 | 499 |
| 501 | 596 | 1:36:38 | KERRY SLESSER | LEIGH ON SEA STRIDERS | Female | 126 | FV | 54 | 1:36:06 | 500 |
| 502 | 479 | 1:36:40 | NYKOLA GARRIGAN | THRIFT GREEN TROTTERS | Female | 127 | FV | 55 | 1:35:59 | 498 |
| 503 | 285 | 1:36:47 | JOHN MCCAYNA (GBV) | SPRINGFIELD STRIDERS | Male | 376 | MSV | 93 | 1:36:15 | 501 |
| 504 | 229 | 1:36:52 | MELANIE MUNDAY (GBV) | | Female | 128 | FV | 56 | 1:36:15 | 502 |
| 505 | 257 | 1:36:56 | KELLY WAREHAM | | Female | 129 | FO | 30 | 1:36:18 | 503 |
| 506 | 258 | 1:36:56 | TRACY AVENELL | | Female | 130 | FSV | 44 | 1:36:18 | 504 |
| 507 | 291 | 1:37:00 | DEB HARRISON | BRAINTREE & DISTRICT A C | Female | 131 | FV | 57 | 1:36:33 | 508 |
| 508 | 697 | 1:37:01 | NAOMI NEWTON-FISHER | 100 MARATHON CLUB | Female | 132 | FO | 31 | 1:36:30 | 507 |
| 509 | 468 | 1:37:08 | NICOLA MASLEN | PHOENIX STRIDERS | Female | 133 | FSV | 45 | 1:36:52 | 513 |
| 510 | 91 | 1:37:12 | ROBERT JOHNSON | | Male | 377 | MSV | 94 | 1:36:49 | 510 |
| 511 | 72 | 1:37:16 | TRACEY BATE | | Female | 134 | FSV | 46 | 1:36:56 | 514 |
| 512 | 543 | 1:37:16 | AMANDA ATKINS | | Female | 135 | FSV | 47 | 1:36:56 | 515 |
| 513 | 544 | 1:37:17 | ABBIE ATKINS | | Female | 136 | FO | 32 | 1:36:56 | 516 |
| 514 | 129 | 1:37:21 | AIM• E MISSEN | LITTLE BADDOW RIDGE RUNNERS | Female | 137 | FO | 33 | 1:37:16 | 519 |
| 515 | 377 | 1:37:24 | RUTH HASTE | BISHOPS STORTFORD R C | Female | 138 | FO | 34 | 1:36:50 | 511 |
| 516 | 215 | 1:37:26 | LAURA PARRISH | | Female | 139 | FO | 35 | 1:36:48 | 509 |
| 517 | 581 | 1:37:30 | DARREN BARNARD | | Male | 378 | MO | 127 | 1:36:51 | 512 |
| 518 | 422 | 1:37:33 | JOANNE OVERTON | WITHAM R C | Female | 140 | FSV | 48 | 1:36:59 | 517 |
| 519 | 427 | 1:37:41 | LETITIA ROOT | | Female | 141 | FV | 58 | 1:37:02 | 518 |
| 520 | 156 | 1:37:44 | RICHARD ROCKLIFFE | | Male | 379 | MSV | 95 | 1:37:29 | 521 |
| 521 | 114 | 1:37:48 | DENISE SMOOTHY | LEIGH ON SEA STRIDERS | Female | 142 | FSV | 49 | 1:37:16 | 520 |
| 522 | 558 | 1:38:01 | DAWN SHILLING | TIPTREE ROAD RUNNERS | Female | 143 | FO | 36 | 1:37:39 | 524 |
| 523 | 281 | 1:38:08 | KATHY SCOURFIELD | BILLERICAY STRIDERS | Female | 144 | FSV | 50 | 1:37:33 | 523 |
| 524 | 331 | 1:38:10 | JULIE WILSON | THRIFT GREEN TROTTERS | Female | 145 | FV | 59 | 1:37:53 | 530 |
| 525 | 426 | 1:38:10 | PAULA EVANS | | Female | 146 | FV | 60 | 1:37:30 | 522 |
| 526 | 475 | 1:38:16 | NICK CHEAL | WARE JOGGERS | Male | 380 | MSV | 96 | 1:37:40 | 526 |
| 527 | 360 | 1:38:16 | VICTORIA THOMPSON | | Female | 147 | FSV | 51 | 1:37:39 | 525 |
| 528 | 671 | 1:38:22 | VICTORIA LEVINE | WITHAM R C | Female | 148 | FSV | 52 | 1:37:48 | 527 |
| 529 | 640 | 1:38:33 | JOHN WILLIAMS | | Male | 381 | MO | 128 | 1:37:52 | 528 |
| 530 | 679 | 1:38:33 | ROBERT CARVOSSO | | Male | 382 | MV | 158 | 1:37:52 | 529 |
| 531 | 746 | 1:38:38 | JOANNE DAY | | Female | 149 | FSV | 53 | 1:38:21 | 531 |
| 532 | 239 | 1:39:01 | LESLEY SMART | BILLERICAY STRIDERS | Female | 150 | FSV | 54 | 1:38:25 | 532 |
| 533 | 145 | 1:39:05 | DONNA SILVERBACK | | Female | 151 | FV | 61 | 1:38:45 | 533 |
| 534 | 108 | 1:39:05 | JOANNE CARDY | | Female | 152 | FV | 62 | 1:38:45 | 534 |
| 535 | 76 | 1:39:42 | LISA SHELLEY | | Female | 153 | FSV | 55 | 1:39:22 | 538 |
| 536 | 181 | 1:39:53 | KEVIN MILLS | | Male | 383 | MSV | 97 | 1:39:20 | 537 |
| 537 | 492 | 1:39:54 | CHARLOTTE LAURENCE | SPRINGFIELD STRIDERS | Female | 154 | FO | 37 | 1:39:22 | 539 |
| 538 | 412 | 1:39:55 | ROB CLARK | | Male | 384 | MO | 129 | 1:39:25 | 540 |
| 539 | 312 | 1:40:00 | DENNIS SHERWOOD | SPRINGFIELD STRIDERS | Male | 385 | MV | 159 | 1:39:29 | 541 |
| 540 | 42 | 1:40:03 | KAREN MIHILL | | Female | 155 | FSV | 56 | 1:39:44 | 543 |
| 541 | 357 | 1:40:04 | MARK GAMBIER | | Male | 386 | MO | 130 | 1:39:19 | 535 |
| 542 | 418 | 1:40:04 | DIPESH BHAYANI | | Male | 387 | MO | 131 | 1:39:19 | 536 |
| 543 | 169 | 1:40:05 | CHRISTINE LESTER | | Female | 156 | FO | 38 | 1:39:41 | 542 |
| 544 | 434 | 1:40:11 | ADRIAN AVERY | | Male | 388 | MO | 132 | 1:39:45 | 544 |
| 545 | 549 | 1:40:24 | PERRY SHACKLETON | | Male | 389 | MO | 133 | 1:39:50 | 545 |
| 546 | 217 | 1:40:38 | DEBBIE HORREY (GBV) | | Female | 157 | FV | 63 | 1:39:53 | 546 |
| 547 | 218 | 1:40:39 | HELEN AKPABIO | | Female | 158 | FV | 64 | 1:39:53 | 547 |
| 548 | 65 | 1:40:41 | SALLY PEAKER | | Female | 159 | FSV | 57 | 1:40:06 | 548 |
| 549 | 180 | 1:40:56 | CLAIRE LOVELOCK | | Female | 160 | FO | 39 | 1:40:25 | 549 |
| 550 | 151 | 1:40:59 | THELMA MERCER | PHOENIX STRIDERS | Female | 161 | FSV | 58 | 1:40:27 | 550 |
| 551 | 643 | 1:41:06 | GRACE REEMAN | | Female | 162 | FO | 40 | 1:40:34 | 551 |
| 552 | 182 | 1:41:06 | CARL HODGSON | | Male | 390 | MV | 160 | 1:41:06 | 559 |
| 553 | 59 | 1:41:10 | CATHY SALMON | LEIGH ON SEA STRIDERS | Female | 163 | FSV | 59 | 1:40:38 | 553 |
| 554 | 62 | 1:41:11 | KEVIN HUGHES | FLYERS SOUTHEND | Male | 391 | MSV | 98 | 1:40:34 | 552 |
| 555 | 345 | 1:41:23 | DEBRA HILL | | Female | 164 | FSV | 60 | 1:40:48 | 554 |
| 556 | 64 | 1:41:25 | STEWART VALLELY | | Female | 165 | FV | 65 | 1:40:55 | 557 |
| 557 | 664 | 1:41:26 | JACKIE CARRICK (GBV) | | Female | 166 | FV | 66 | 1:40:59 | 558 |
| 558 | 320 | 1:41:28 | TRACEY DENBY | WITHAM R C | Female | 167 | FSV | 61 | 1:40:54 | 556 |
| 559 | 7 | 1:41:29 | TRACY BRENNAN | WARE JOGGERS | Female | 168 | FV | 67 | 1:40:51 | 555 |
| 560 | 47 | 1:41:53 | DAVID GODFREY | BILLERICAY STRIDERS | Male | 392 | MSV | 99 | 1:41:17 | 560 |



| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|----------------------|---------------------------|--------|------------|-------|-----------|-----------|----------|
| 561 | 723 | 1:42:09 | EMMA PICKLES | | Female | 169 | FO | 41 | 1:41:37 | 561 |
| 562 | 730 | 1:42:10 | IAN EVANS | | Male | 393 | MV | 161 | 1:41:37 | 562 |
| 563 | 747 | 1:43:07 | LISA MILLER | | Female | 170 | FO | 42 | 1:42:42 | 563 |
| 564 | 762 | 1:43:17 | JOHN BIRD | | Male | 394 | MV | 162 | 1:42:46 | 564 |
| 565 | 720 | 1:43:23 | MARIE-LOUISE PAGE | | Female | 171 | FSV | 62 | 1:43:08 | 565 |
| 566 | 68 | 1:43:51 | JESSICA WICKS | THRIFT GREEN TROTTERS | Female | 172 | FV | 68 | 1:43:17 | 566 |
| 567 | 348 | 1:44:00 | PAULA McMANUS | | Female | 173 | FSV | 63 | 1:43:28 | 569 |
| 568 | 764 | 1:44:01 | STUART SADLER | | Male | 395 | MSV | 100 | 1:43:33 | 570 |
| 569 | 174 | 1:44:02 | CAROLINE STEPHENS | WARE JOGGERS | Female | 174 | FSV | 64 | 1:43:25 | 567 |
| 570 | 173 | 1:44:03 | RICHARD STEPHENS | WARE JOGGERS | Male | 396 | MSV | 101 | 1:43:26 | 568 |
| 571 | 374 | 1:44:07 | TERRY STEPHENS | MAIDSTONE HARRIERS | Male | 397 | MV | 163 | 1:43:37 | 571 |
| 572 | 387 | 1:44:43 | KATHRYN FARROW | | Female | 175 | FSV | 65 | 1:44:06 | 572 |
| 573 | 333 | 1:44:43 | MOIRA MASON | | Female | 176 | FSV | 66 | 1:44:12 | 573 |
| 574 | 119 | 1:44:50 | KATIE GROVE | THRIFT GREEN TROTTERS | Female | 177 | FV | 69 | 1:44:16 | 575 |
| 575 | 93 | 1:44:55 | MARK JOHNSON | | Male | 398 | MV | 164 | 1:44:14 | 574 |
| 576 | 691 | 1:44:57 | KEN SUMMERFIELD | BARKING ROAD RUNNERS | Male | 399 | MV | 165 | 1:44:18 | 576 |
| 577 | 396 | 1:44:59 | K LIESCHING-SCHRODER | | Female | 178 | FV | 70 | 1:44:21 | 577 |
| 578 | 248 | 1:44:59 | KEITH PASSINGHAM | PITSEA R C | Male | 400 | MSV | 102 | 1:44:21 | 578 |
| 579 | 362 | 1:45:17 | JACKIE WOODROFFE | THRIFT GREEN TROTTERS | Female | 179 | FSV | 67 | 1:44:51 | 580 |
| 580 | 513 | 1:45:23 | JAMES CARVER | | Male | 401 | MO | 134 | 1:44:40 | 579 |
| 581 | 645 | 1:45:39 | ROBERT COURTIER | BARKING ROAD RUNNERS | Male | 402 | MSV | 103 | 1:45:09 | 581 |
| 582 | 526 | 1:45:47 | JANE CLARKE | | Female | 180 | FSV | 68 | 1:45:20 | 582 |
| 583 | 294 | 1:45:47 | JULIE HEWSTONE | | Female | 181 | FSV | 69 | 1:45:20 | 583 |
| 584 | 73 | 1:46:20 | MICHELLE BALL | THRIFTGREEN TROTTERS | Female | 182 | FSV | 70 | 1:46:02 | 585 |
| 585 | 269 | 1:46:26 | ANDREW WALLIS | | Male | 403 | MSV | 104 | 1:45:56 | 584 |
| 586 | 79 | 1:46:31 | KAROLINE SINGLETON | | Female | 183 | FV | 71 | 1:46:09 | 586 |
| 587 | 193 | 1:46:34 | JO ADAMS | | Female | 184 | FO | 43 | 1:46:09 | 587 |
| 588 | 290 | 1:46:34 | JILL FLYNN | | Female | 185 | FSV | 71 | 1:46:12 | 588 |
| 589 | 188 | 1:46:41 | RACHEL OLLINGTON | | Female | 186 | FO | 44 | 1:46:19 | 589 |
| 590 | 224 | 1:46:57 | NICOLA HAWKINS | PHEONIX STRIDERS | Female | 187 | FSV | 72 | 1:46:23 | 590 |
| 591 | 306 | 1:47:16 | MAGGIE CRATHERN | | Female | 188 | FV | 72 | 1:46:33 | 591 |
| 592 | 477 | 1:47:21 | ZOE MCEWAN (GBV) | | Female | 189 | FSV | 73 | 1:46:54 | 592 |
| 593 | 373 | 1:47:39 | LESLEY ROSE | WARE JOGGERS | Female | 190 | FSV | 74 | 1:47:25 | 595 |
| 594 | 600 | 1:47:45 | TOM WICKS | | Male | 404 | MV | 166 | 1:47:03 | 593 |
| 595 | 650 | 1:48:04 | M CAMPBELL-FREEMAN | | Female | 191 | FSV | 75 | 1:47:24 | 594 |
| 596 | 660 | 1:48:05 | RICH PRYOR | FLYERS SOUTHEND | Male | 405 | MSV | 105 | 1:47:25 | 596 |
| 597 | 736 | 1:48:10 | DAVID ALAN PAYNE | | Male | 406 | MSV | 106 | 1:47:28 | 597 |
| 598 | 102 | 1:48:54 | LEE RUNCIMAN | EAST ESSEX TRIATHLON CLUB | Male | 407 | MV | 167 | 1:48:10 | 598 |
| 599 | 253 | 1:48:58 | LISA DEAL | EAST ESSEX TRIATHLON CLUB | Female | 192 | FV | 73 | 1:48:20 | 599 |
| 600 | 470 | 1:49:34 | L HORNAGOLD (GBV) | | Female | 193 | FV | 74 | 1:48:56 | 600 |
| 601 | 347 | 1:49:34 | DEBBIE DECOIS | | Female | 194 | FV | 75 | 1:49:02 | 601 |
| 602 | 514 | 1:49:39 | KEELEY MORLEY | | Female | 195 | FSV | 76 | 1:49:02 | 602 |
| 603 | 504 | 1:49:46 | ALISON MASON (GBV) | | Female | 196 | FSV | 77 | 1:49:08 | 603 |
| 604 | 605 | 1:50:13 | BARRINGTON MEACHER | | Male | 408 | MSV | 107 | 1:49:27 | 604 |
| 605 | 517 | 1:50:19 | JAMES DEAG | WITHAM R C | Male | 409 | MO | 135 | 1:49:37 | 605 |
| 606 | 227 | 1:50:28 | ALBERT MILES | CASTLE POINT JOGGERS | Male | 410 | MSV | 108 | 1:49:52 | 606 |
| 607 | 130 | 1:50:39 | YVONNE THACKRAY | | Female | 197 | FSV | 78 | 1:50:19 | 607 |
| 608 | 126 | 1:50:59 | ARIANA FISHER | | Female | 198 | FO | 45 | 1:50:33 | 608 |
| 609 | 750 | 1:51:19 | IMOGEN CUTHBERTSON | | Female | 199 | FO | 46 | 1:50:46 | 611 |
| 610 | 60 | 1:51:21 | PETER RAWLINGS | | Male | 411 | MSV | 109 | 1:50:42 | 609 |
| 611 | 618 | 1:51:29 | TERESA CLARK | | Female | 200 | FSV | 79 | 1:50:43 | 610 |
| 612 | 241 | 1:51:38 | JANET KING (GBV) | | Female | 201 | FSV | 80 | 1:51:00 | 612 |
| 613 | 240 | 1:51:38 | KAREN HATCHER | | Female | 202 | FSV | 81 | 1:51:00 | 613 |
| 614 | 164 | 1:51:48 | CLARE HAMMOND | | Female | 203 | FV | 76 | 1:51:27 | 614 |
| 615 | 455 | 1:52:22 | M CAVE | | Female | 204 | FSV | 82 | 1:52:06 | 617 |
| 616 | 277 | 1:52:23 | JACKY HALLS | FLYERS SOUTHEND | Female | 205 | FSV | 83 | 1:51:43 | 615 |
| 617 | 276 | 1:52:24 | DEBBIE WOOD | FLYERS SOUTHEND | Female | 206 | FSV | 84 | 1:51:43 | 616 |
| 618 | 158 | 1:53:16 | R ELSWORTH (GBV) | | Male | 412 | MO | 136 | 1:52:33 | 618 |
| 619 | 225 | 1:53:18 | RHYS HAWKINS | PHEONIX STRIDERS | Male | 413 | MO | 137 | 1:52:43 | 619 |
| 620 | 601 | 1:55:05 | JO JOBSON | | Female | 207 | FSV | 85 | 1:54:23 | 620 |
| 621 | 523 | 1:55:46 | MICHAEL WILLIAM BALL | BARKING ROAD RUNNERS | Male | 414 | MSV | 110 | 1:55:06 | 621 |
| 622 | 267 | 1:56:44 | TREVOR MILLARD | | Male | 415 | MO | 138 | 1:56:02 | 622 |
| 623 | 761 | 1:56:48 | LEANNE ACKRELL | | Female | 208 | FO | 47 | 1:56:16 | 623 |
| 624 | 41 | 1:57:12 | VANESSA KAY | | Female | 209 | FV | 77 | 1:56:42 | 624 |
| 625 | 135 | 2:00:31 | STUART AXON | BLACKWATER TRI CLUB | Male | 416 | MSV | 111 | 1:59:51 | 625 |
| 626 | 710 | 2:01:28 | CHARLES STILL | | Male | 417 | MO | 139 | 2:00:47 | 626 |
| 627 | 452 | 2:03:05 | JOHN HEYWOOD | WARE JOGGERS | Male | 418 | MSV | 112 | 2:02:27 | 627 |
| 628 | 170 | 2:04:00 | KATE HILL (GBV) | DYNAMOS CHELMSFORD | Female | 210 | FV | 78 | 2:03:14 | 628 |
| 629 | 512 | 2:04:04 | KERRI CARVER | | Female | 211 | FV | 79 | 2:03:20 | 629 |
| 630 | 63 | 2:04:04 | VANESSA VALLELY | | Female | 212 | FV | 80 | 2:03:35 | 630 |



| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|--------------------|----------------------|--------|------------|-------|-----------|-----------|----------|
| 631 | 467 | 2:08:59 | SUSAN WALKER | MILE END | Male | 419 | MSV | 113 | 2:08:29 | 631 |
| 632 | 699 | 2:11:18 | SIMON MOULE | | Male | 420 | MSV | 114 | 2:10:39 | 632 |
| 633 | 292 | 2:18:41 | ALICE POWELL (GBV) | | Female | 213 | FO | 48 | 2:18:41 | 633 |
| 634 | 409 | 2:18:41 | A GREENHALGH (GBV) | SPRINGFIELD STRIDERS | Male | 421 | MSV | 115 | 2:18:41 | 634 |
| 635 | 999 | 2:19:26 | ALLAN BARLEY | ESSEX POLICE A C | Male | 422 | MSV | 116 | 2:18:43 | 635 |
| 636 | 179 | 2:19:55 | LISA GRIDLEY | | Female | 214 | FV | 81 | 2:19:32 | 636 |