

Southend Triathlon

28th May 2017

All Results Queries to GetSet@onyourmarksevents.org

Pos	Bib	Name	Swim	T1	Bike	T2	Run	Finish	Gender	GenPos	AgeCat	CatPos	Club
1	44	Harrison Smith	00:06:32	00:00:34	00:32:04	00:00:21	00:16:58	00:56:30	Male	1	17-18	1	East Essex Triathlon Club
2	47	Travis McGrath	00:05:52	00:00:45	00:32:44	00:00:32	00:18:38	00:58:30	Male	2	20-24	1	
3	1	Alice Hector	00:06:32	00:00:38	00:34:20	00:00:29	00:18:29	01:00:28	Female	1	35-39	1	Evo tri club
4	62	David Pennington	00:07:14	00:01:04	00:32:25	00:00:34	00:19:53	01:01:11	Male	3	25-29	1	JBR tri club
5	51	Keith Makinson	00:08:46	00:00:49	00:30:47	00:00:50	00:21:10	01:02:23	Male	4	50-54	1	JBR Run and Tri
6	58	Christopher Hatton	00:08:01	00:01:21	00:34:57	00:00:39	00:17:48	01:02:46	Male	5	30-34	1	
7	38	Luke Kavanagh	00:07:37	00:01:46	00:35:14	00:00:39	00:17:34	01:02:51	Male	6	25-29	2	
8	46	Thomas Dilley	00:08:19	00:01:00	00:35:16	00:00:38	00:17:56	01:03:08	Male	7	30-34	2	
9	83	Paul Suett	00:07:57	00:00:59	00:35:13	00:00:33	00:19:21	01:04:03	Male	8	40-44	1	Havering Tri
10	11	Dan Brand	00:07:03	00:01:03	00:34:45	00:00:41	00:20:48	01:04:20	Male	9	40-44	2	East Essex Tri club
11	88	Roger Moore	00:08:02	00:00:41	00:35:23	00:00:28	00:20:15	01:04:48	Male	10	50-54	2	Freedom Tri Crowborough
12	76	Matthew Rivers	00:08:14	00:01:30	00:34:30	00:00:52	00:20:46	01:05:52	Male	11	25-29	3	
13	34	Kris Whitmarsh	00:06:51	00:00:49	00:35:17	00:00:42	00:22:20	01:05:59	Male	12	35-39	1	Whitty's Sport Therapy
14	18	Glen Edwards	00:08:17	00:01:34	00:35:23	00:01:00	00:21:12	01:07:26	Male	13	35-39	2	Havering Tri
15	99	Tim Tomlins	00:08:58	00:01:10	00:36:48	00:00:36	00:20:05	01:07:37	Male	14	45-49	1	East Essex Triathlon Club
16	37	Luke Elgar	00:08:45	00:01:24	00:35:44	00:01:08	00:20:37	01:07:38	Male	15	25-29	4	Jbr run and tri club
17	84	Phil Grewock	00:09:07	00:01:19	00:35:48	00:00:43	00:20:55	01:07:51	Male	16	30-34	3	East Essex Triathlon Club
18	39	Mark Weston	00:10:24	00:01:04	00:33:42	00:00:57	00:21:47	01:07:55	Male	17	45-49	2	SDCC Tri Team
19	98	Tim Evans	00:09:03	00:00:50	00:37:02	00:00:33	00:20:43	01:08:10	Male	18	40-44	3	JBR Run & Tri Club
20	8	Clive Cheese	00:08:53	00:01:21	00:36:22	00:00:30	00:21:21	01:08:27	Male	19	40-44	4	Leigh-on-sea striders
21	96	Steve Earle	00:08:54	00:01:47	00:35:24	00:00:54	00:22:17	01:09:17	Male	20	45-49	3	
22	57	Charles Baynes	00:09:29	00:01:06	00:35:36	00:00:42	00:22:32	01:09:24	Male	21	60-64	1	East Essex Triathlon Club
23	28	John Staunton	00:09:51	00:00:00	00:00:00	00:00:00	01:00:00	01:09:51	Male	22	40-44	5	
24	173	John Goldsworthy	00:09:04	00:01:23	00:36:21	00:00:43	00:22:28	01:09:59	Male	23	35-39	3	Rob John Den
25	23	Jack Martin	00:09:18	00:00:56	00:39:03	00:00:24	00:20:25	01:10:06	Male	24	25-29	5	East Essex triathlon club
26	179	Lloyd Miles	00:09:14	00:01:54	00:38:57	00:00:44	00:19:42	01:10:31	Male	25	45-49	4	Billericay Striders
27	12	Daniel Jago	00:07:26	00:01:26	00:37:02	00:00:43	00:24:16	01:10:53	Male	26	35-39	4	East Essex Triathlon club
28	49	Zac Clayton	00:08:36	00:01:04	00:41:16	00:00:22	00:19:44	01:11:02	Male	27	25-29	6	Clapham Chasers
29	190	Paul Stannard	00:07:49	00:01:23	00:34:55	00:01:22	00:25:36	01:11:05	Male	28	50-54	3	
30	77	Michael Taylor	00:09:15	00:00:00	00:39:15	00:00:00	00:22:38	01:11:08	Male	29	25-29	7	east essex tri club
31	35	Louise Douglass	00:08:23	00:01:12	00:39:45	00:00:41	00:21:29	01:11:30	Female	2	35-39	2	Performance Coaching/Basildon AC
32	127	Philip Young	00:00:00	00:00:00	00:46:48	00:00:54	00:23:54	01:11:36	Male	30	50-54	4	JBR run & Tri Club
33	45	Stephen Gabell	00:09:51	00:01:04	00:38:29	00:00:38	00:21:54	01:11:56	Male	31	35-39	5	
34	91	Sean Pickering	00:07:59	00:01:04	00:41:08	00:00:50	00:21:03	01:12:05	Male	32	45-49	5	

35	87	Robert Marek	00:07:56	00:01:30	00:37:29	00:01:13	00:24:25	01:12:33	Male	33	40-44	6	
36	33	Kieran Kothari	00:07:33	00:01:29	00:37:39	00:00:48	00:25:09	01:12:38	Male	34	25-29	8	
37	74	Martyn Wiley	00:06:40	00:01:00	00:36:34	00:00:49	00:27:40	01:12:44	Male	35	45-49	6	East Essex triathlon club
38	53	Alastair Fabian	00:08:59	00:01:41	00:39:37	00:01:18	00:21:11	01:12:46	Male	36	45-49	7	East London Triathletes
39	176	Karl Anderson	00:09:00	00:02:03	00:38:47	00:01:16	00:21:42	01:12:48	Male	37	20-24	2	
40	4	Bruce Spratt	00:09:30	00:00:48	00:39:03	00:00:50	00:22:37	01:12:48	Male	38	25-29	9	
41	94	Sonia Spearing	00:07:04	00:00:52	00:39:48	00:00:40	00:24:28	01:12:53	Female	3	40-44	1	Metropolitan police tri club
42	3	Allen Wells	00:08:41	00:01:54	00:38:44	00:00:54	00:23:08	01:13:20	Male	39	35-39	6	
43	92	Sebastian Graham	00:08:29	00:01:40	00:37:28	00:00:52	00:25:02	01:13:31	Male	40	30-34	4	
44	72	Jonathan Booth	00:09:15	00:01:21	00:38:37	00:01:19	00:23:12	01:13:44	Male	41	35-39	7	JBR run and tri club
45	10	Dan Joyce	00:09:54	00:01:19	00:39:45	00:00:36	00:22:30	01:14:05	Male	42	45-49	8	
46	26	Jan Harvey	00:08:48	00:01:19	00:39:10	00:00:50	00:24:00	01:14:06	Female	4	45-49	1	East Essex Tri
47	27	Joanne Sullivan	00:09:39	00:01:08	00:40:28	00:00:41	00:22:11	01:14:07	Female	5	40-44	2	East Essex Tri club
48	131	Richard Battams	00:08:20	00:02:13	00:39:37	00:00:48	00:23:15	01:14:14	Male	43	30-34	5	Leigh on Sea Striders
49	123	Marios Pitsialis	00:10:47	00:01:04	00:39:20	00:00:54	00:22:09	01:14:15	Male	44	35-39	8	
50	63	Edward Court	00:11:21	00:01:32	00:38:34	00:00:46	00:22:04	01:14:18	Male	45	45-49	9	
51	130	Rebecca Prince	00:11:21	00:01:36	00:39:29	00:00:56	00:20:56	01:14:20	Female	6	30-34	1	
52	118	Josh Bowers	00:09:04	00:01:33	00:38:38	00:00:34	00:25:07	01:14:55	Male	46	25-29	10	East Essex Triathlon
53	13	Danny Flint	00:10:41	00:01:11	00:40:23	00:00:39	00:22:08	01:15:02	Male	47	45-49	10	JBR Tri Club
54	140	Simon Bennett	00:08:57	00:01:44	00:41:37	00:00:36	00:22:28	01:15:22	Male	48	50-54	5	
55	139	Sean Robins	00:08:17	00:01:04	00:40:46	00:00:58	00:24:29	01:15:35	Male	49	30-34	6	Havering Triathlon Club
56	9	Damien Stone	00:08:58	00:01:38	00:38:43	00:00:50	00:25:26	01:15:36	Male	50	40-44	7	
57	233	Mark Kinseley	00:10:44	00:02:20	00:38:51	00:01:20	00:22:28	01:15:45	Male	51	35-39	9	
58	69	Graeme Valentine	00:09:14	00:01:52	00:38:06	00:01:13	00:25:21	01:15:46	Male	52	35-39	10	
59	229	Luke Bullock	00:08:55	00:02:49	00:41:04	00:00:46	00:22:16	01:15:51	Male	53	25-29	11	
60	93	Simon Nathan	00:09:24	00:01:06	00:40:53	00:00:46	00:23:52	01:16:01	Male	54	40-44	8	East Essex Tri
61	256	Craig Fagan	00:10:47	00:02:10	00:41:13	00:00:45	00:21:13	01:16:08	Male	55	35-39	11	
62	43	Sean O'Brien	00:07:52	00:01:41	00:43:48	00:00:42	00:22:11	01:16:14	Male	56	25-29	12	
63	252	Bruce Gander	00:12:14	00:02:24	00:37:41	00:00:49	00:23:11	01:16:19	Male	57	50-54	6	East Essex Tri Club
64	95	Stephen Elliott	00:11:06	00:02:14	00:37:57	00:00:50	00:24:13	01:16:21	Male	58	40-44	9	JBR Run and Tri
65	290	Simon Richardson	00:10:49	00:01:59	00:41:25	00:00:56	00:21:15	01:16:24	Male	59	35-39	12	Mamil Striders
66	132	Richard Wood	00:09:19	00:01:04	00:40:28	00:00:44	00:24:49	01:16:24	Male	60	45-49	11	J.B.R. Run and Tri club
67	122	Louise Young	00:09:36	00:01:34	00:39:41	00:01:07	00:24:42	01:16:41	Female	7	45-49	2	JBR Run & Tri Club
68	234	Matt Cops	00:09:39	00:01:39	00:42:05	00:00:32	00:22:51	01:16:46	Male	61	35-39	13	East Essex tri club
69	7	Claire Joyce	00:09:50	00:01:24	00:41:59	00:00:45	00:23:04	01:17:02	Female	8	40-44	3	Epsom Triathlon Club
70	15	David Feeney	00:10:16	00:01:27	00:38:46	00:00:35	00:26:00	01:17:04	Male	62	50-54	7	
71	188	Nicholas Baker	00:08:15	00:01:12	00:40:52	00:00:47	00:26:01	01:17:07	Male	63	25-29	13	
72	105	Chris Hyde	00:09:56	00:02:37	00:38:40	00:01:18	00:24:38	01:17:09	Male	64	40-44	10	Hadleigh Mountain Bike Club
73	113	Graham Lander	00:09:48	00:02:12	00:39:30	00:01:29	00:24:18	01:17:18	Male	65	40-44	11	JBR run and tri

74	210	David Cox	00:10:47	00:02:20	00:40:53	00:01:14	00:22:18	01:17:32	Male	66	45-49	12	
75	6	Chris Dobinson	00:08:45	00:02:56	00:42:04	00:01:03	00:22:50	01:17:37	Male	67	30-34	7	
76	186	Nathan Brown	00:10:59	00:01:04	00:44:54	00:00:56	00:19:46	01:17:39	Male	68	17-18	2	
77	215	George Chipper	00:08:35	00:01:35	00:42:53	00:01:01	00:23:34	01:17:39	Male	69	25-29	14	
78	2	Alexander Stannard	00:08:18	00:01:02	00:39:44	00:00:31	00:28:14	01:17:49	Male	70	20-24	3	
79	231	Mark Brown	00:10:41	00:01:38	00:39:49	00:01:01	00:24:46	01:17:53	Male	71	45-49	13	
80	21	Hayley Ruch	00:08:41	00:01:29	00:40:32	00:00:41	00:26:36	01:17:59	Female	9	35-39	3	
81	206	Billy Lawrence	00:09:46	00:02:06	00:40:52	00:00:56	00:24:38	01:18:18	Male	72	25-29	15	
82	117	Jon Brown	00:09:39	00:01:30	00:39:40	00:01:12	00:26:28	01:18:28	Male	73	45-49	14	JBR Tri Club
83	79	Michael Bailey	00:07:50	00:02:09	00:41:55	00:01:46	00:24:56	01:18:36	Male	74	50-54	8	Redcaps
84	110	Elizabeth Coombes	00:09:58	00:01:06	00:44:26	00:00:31	00:22:58	01:18:59	Female	10	25-29	1	Plymouth Harriers
85	42	Rex Jude	00:09:19	00:02:19	00:43:37	00:01:06	00:22:36	01:18:59	Male	75	25-29	16	
86	24	Jacqui Watson	00:10:44	00:01:51	00:43:42	00:00:36	00:22:12	01:19:06	Female	11	45-49	3	East Essex Tri
87	32	Chris Bruns	00:10:17	00:01:58	00:39:46	00:01:16	00:25:53	01:19:10	Male	76	35-39	14	
88	16	Denise Kemp	00:08:24	00:01:19	00:37:31	00:01:00	00:31:07	01:19:22	Female	12	50-54	1	East Essex Tri Club
89	245	Scott Muller	00:11:17	00:01:10	00:44:07	00:00:31	00:22:29	01:19:34	Male	77	35-39	15	JRB Tri
90	119	Justin McCormick	00:09:18	00:01:47	00:39:24	00:00:56	00:28:08	01:19:34	Male	78	45-49	15	
91	102	Andrew Barnett	00:08:49	00:01:50	00:42:29	00:01:04	00:25:29	01:19:41	Male	79	30-34	8	
92	159	Dennis Bright	00:10:07	00:02:01	00:37:42	00:01:14	00:28:52	01:19:55	Male	80	30-34	9	Rob John Den
93	150	Gary Perry-Ambrose	00:12:12	00:01:27	00:40:26	00:00:29	00:25:26	01:20:00	Male	81	30-34	10	East Essex Triathlon Club
94	67	Gary Simms	00:08:56	00:01:47	00:41:38	00:00:39	00:27:06	01:20:06	Male	82	45-49	16	For mum and dad
95	136	Roxanne George	00:09:45	00:01:42	00:42:33	00:00:58	00:25:11	01:20:09	Female	13	35-39	4	Chalkwell Redcaps/Leigh Striders
96	267	Julie Edgell	00:09:59	00:02:30	00:40:46	00:01:05	00:26:06	01:20:26	Female	14	50-54	2	
97	269	Kevin Anderson	00:08:19	00:02:07	00:42:17	00:01:36	00:26:26	01:20:45	Male	83	35-39	16	
98	286	Richard Beard	00:12:48	00:01:48	00:40:32	00:01:08	00:24:30	01:20:46	Male	84	45-49	17	
99	64	Edward Coday	00:09:38	00:02:09	00:41:06	00:01:12	00:26:44	01:20:49	Male	85	25-29	17	
100	108	Deborah Appleton	00:11:02	00:02:26	00:46:40	00:00:31	00:20:17	01:20:56	Female	15	45-49	4	East Essex Tri
101	71	Jim Riley	00:09:58	00:01:44	00:40:24	00:00:57	00:27:56	01:20:59	Male	86	40-44	12	
102	141	Spencer Wilson	00:11:16	00:04:03	00:42:45	00:00:47	00:22:26	01:21:16	Female	16	40-44	4	
103	80	Michael Googe	00:09:12	00:01:47	00:41:22	00:01:10	00:27:48	01:21:19	Male	87	50-54	9	
104	41	Nic Rivers	00:09:06	00:02:13	00:40:45	00:00:51	00:28:48	01:21:41	Male	88	55-59	1	Leigh on Sea Striders
105	297	Warren Oakley	00:09:15	00:02:44	00:40:33	00:01:56	00:27:29	01:21:59	Male	89	40-44	13	
106	124	Natasha Pinborough	00:09:27	00:01:52	00:44:03	00:01:06	00:25:48	01:22:16	Female	17	30-34	2	
107	166	James Wood	00:13:08	00:03:08	00:41:11	00:01:53	00:23:20	01:22:40	Male	90	35-39	17	Flyers Southend
108	70	James Isherwood	00:08:12	00:02:13	00:43:14	00:01:00	00:28:07	01:22:46	Male	93	40-44	14	JBR Run & Tri Club
109	289	Simon Futcher	00:11:00	00:02:58	00:41:13	00:01:12	00:26:22	01:22:46	Male	92	45-49	19	
110	14	David Brighton	00:09:38	00:02:29	00:40:12	00:01:36	00:28:50	01:22:46	Male	91	50-54	10	
111	282	Paul Mcarthur	00:10:56	00:01:47	00:42:46	00:00:38	00:26:42	01:22:50	Male	94	40-44	15	
112	221	Jospeh Fulton	00:12:54	00:02:22	00:44:16	00:00:32	00:22:50	01:22:54	Male	95	25-29	18	

113	149	Tom Nevill	00:10:05	00:01:47	00:45:09	00:00:56	00:24:57	01:22:55	Male	96	30-34	11	
114	251	Alex Anderson	00:11:48	00:02:04	00:43:48	00:01:14	00:24:06	01:22:59	Male	97	30-34	12	
115	107	David Hopper	00:10:31	00:01:37	00:43:51	00:00:30	00:26:31	01:23:00	Male	98	25-29	19	
116	202	Alex Kelly	00:11:04	00:02:51	00:44:19	00:00:42	00:24:07	01:23:03	Male	99	35-39	18	Ultimate Fitness
117	17	Emma Crampton	00:08:56	00:02:08	00:44:17	00:01:12	00:27:12	01:23:45	Female	18	25-29	2	JBR Run & Tri
118	157	David Jacobs	00:10:18	00:02:32	00:41:34	00:01:06	00:28:24	01:23:54	Male	100	45-49	20	
119	226	Louise Allan	00:10:11	00:01:46	00:46:37	00:01:11	00:24:16	01:24:02	Female	19	40-44	5	
120	52	Adrian Pugh	00:10:06	00:02:11	00:43:38	00:01:29	00:26:41	01:24:04	Male	101	55-59	2	East Essex tri
121	165	Ian Hirth	00:11:51	00:02:41	00:46:38	00:00:37	00:22:20	01:24:07	Male	102	40-44	16	
122	184	Michael George	00:11:08	00:01:24	00:42:54	00:00:46	00:28:13	01:24:25	Male	103	50-54	11	
123	144	Stuart Coxhead	00:12:32	00:03:13	00:40:52	00:01:40	00:26:09	01:24:26	Male	104	30-34	13	
124	40	Natasha Neighbour	00:10:12	00:01:47	00:45:32	00:01:05	00:25:50	01:24:27	Female	20	35-39	5	JBR run and tri club
125	167	James Atton	00:10:33	00:02:55	00:44:03	00:00:54	00:26:06	01:24:32	Male	105	30-34	14	
126	143	Steve Ling	00:10:16	00:02:26	00:43:43	00:01:03	00:27:33	01:25:01	Male	106	45-49	21	Benfleet RC
127	100	Christian Jenkins	00:09:55	00:03:27	00:41:28	00:00:45	00:29:35	01:25:10	Male	107	40-44	17	
128	239	Phillip Brant	00:15:13	00:03:10	00:37:00	00:02:02	00:27:47	01:25:12	Male	108	60-64	2	
129	230	Marc Brant	00:13:43	00:02:47	00:36:05	00:01:18	00:31:20	01:25:13	Male	109	45-49	22	
130	160	Eleanor Carmichael	00:10:55	00:01:45	00:00:00	00:46:34	00:26:03	01:25:17	Female	21	35-39	6	Leigh on Sea Striders
131	209	David Willis	00:13:33	00:02:16	00:42:28	00:00:56	00:26:25	01:25:37	Male	110	45-49	23	
132	279	Michael Hendry	00:11:46	00:00:00	00:49:49	00:00:00	00:24:05	01:25:40	Male	111	45-49	24	
133	196	Scott Mather	00:10:28	00:02:18	00:40:33	00:01:40	00:30:50	01:25:49	Male	112	40-44	18	
134	240	Reece Bullock	00:09:25	00:03:09	00:44:23	00:01:14	00:27:49	01:26:00	Male	113	25-29	20	
135	31	Katie Bruns	00:10:15	00:02:21	00:44:51	00:01:09	00:27:25	01:26:01	Female	22	35-39	7	
136	103	Ashley Smith	00:11:04	00:01:48	00:40:50	00:00:39	00:31:42	01:26:03	Male	114	45-49	25	
137	258	Daniel Vincent	00:10:24	00:01:47	00:43:29	00:01:12	00:29:14	01:26:06	Male	115	35-39	19	
138	137	Sarah Kemp	00:11:24	00:01:15	00:47:02	00:00:44	00:25:48	01:26:13	Female	23	40-44	6	East Essex Triathlon Club
139	106	Dan Sackey	00:14:39	00:02:47	00:42:54	00:00:46	00:25:27	01:26:33	Male	116	40-44	19	Ipswich Tri-Club
140	156	Daniel Duggan	00:10:09	00:03:30	00:40:49	00:01:51	00:30:35	01:26:56	Male	117	35-39	20	
141	146	Terry Hockett	00:09:25	00:02:34	00:45:06	00:00:42	00:29:31	01:27:18	Male	118	60-64	3	
142	55	Ben Scrivener	00:10:19	00:01:47	00:47:50	00:00:36	00:26:54	01:27:26	Male	119	25-29	21	
143	296	Victoria Brown	00:11:18	00:02:22	00:46:43	00:01:40	00:25:31	01:27:33	Female	24	35-39	8	
144	60	David Brant	00:11:31	00:02:16	00:39:40	00:01:26	00:32:44	01:27:37	Male	120	35-39	21	
145	248	Sarah Logan	00:11:00	00:03:41	00:45:23	00:00:58	00:26:57	01:27:59	Female	25	40-44	7	
146	207	Brendon Knoetze	00:11:22	00:02:24	00:46:20	00:01:06	00:27:05	01:28:17	Male	121	40-44	20	Leigh-on-sea striders
147	247	Tim Macgregor	00:11:59	00:02:52	00:46:06	00:01:18	00:26:02	01:28:17	Male	122	50-54	12	
148	50	Andrew James	00:10:39	00:03:07	00:49:11	00:00:36	00:24:47	01:28:20	Male	123	35-39	22	
149	218	Ian Molineaux	00:11:56	00:01:31	00:43:57	00:00:53	00:30:05	01:28:22	Male	124	50-54	13	
150	36	Lucy Edwards	00:09:38	00:02:30	00:45:06	00:01:35	00:29:36	01:28:26	Female	26	30-34	3	Havering Tri
151	115	James Young	00:09:53	00:02:27	00:41:41	00:00:45	00:33:53	01:28:38	Male	125	17-18	3	

152	208	Clive Bailey	00:12:17	00:04:52	00:43:59	00:01:51	00:25:40	01:28:39	Male	126	50-54	14	JBR Run & Tri Club
153	249	Daniel Smith	00:09:58	00:00:00	00:50:44	00:00:00	00:28:16	01:28:57	Male	127	35-39	23	
154	288	Sarah Sherlock	00:10:35	00:02:02	00:49:45	00:00:46	00:26:02	01:29:10	Female	27	35-39	9	
155	271	Lewis Sherlock	00:10:41	00:02:14	00:44:43	00:00:43	00:30:49	01:29:10	Male	128	35-39	24	
156	222	Juliette Raison	00:09:46	00:02:14	00:49:20	00:00:29	00:27:29	01:29:18	Female	28	25-29	3	
157	97	Stuart Jago	00:09:28	00:01:47	00:40:33	00:01:16	00:36:18	01:29:22	Male	129	65-69	1	Chalkwell redcaps
158	172	Joe Glassfield	00:10:57	00:05:31	00:40:31	00:01:47	00:30:41	01:29:27	Male	130	25-29	22	
159	66	Fi Hawkins	00:09:21	00:03:28	00:48:18	00:01:35	00:27:14	01:29:56	Female	29	45-49	5	Diss Athletics
160	261	Ellie Walker	00:12:40	00:03:27	00:46:35	00:00:55	00:26:32	01:30:09	Female	30	30-34	4	
161	203	Arran Salmon	00:13:39	00:01:47	00:48:52	00:01:23	00:25:37	01:31:19	Male	131	45-49	26	Leigh on sea striders
162	283	Paula Paula	00:09:20	00:03:11	00:50:12	00:00:54	00:27:41	01:31:19	Female	31	35-39	10	
163	217	Iain Parry	00:12:18	00:02:05	00:48:59	00:01:28	00:26:36	01:31:26	Male	132	35-39	25	Ultimate Fitness
164	197	Simon Keam-George	00:10:27	00:02:01	00:47:34	00:01:03	00:30:24	01:31:30	Male	133	30-34	15	
165	65	Emma Dixon	00:10:53	00:02:14	00:46:58	00:00:52	00:30:34	01:31:31	Female	32	40-44	8	
166	20	Hannah Bardell	00:09:10	00:02:12	00:46:31	00:01:09	00:32:54	01:31:56	Female	33	25-29	4	JBR RUN & TRI CLUB
167	147	Thomas Spence	00:10:59	00:02:15	00:46:25	00:00:30	00:31:58	01:32:08	Male	134	35-39	26	
168	246	Teresa Uscategui	00:15:42	00:03:45	00:43:25	00:01:53	00:27:25	01:32:11	Female	34	50-54	3	ERCC
169	192	Ronald Seddon	00:10:36	00:02:21	00:45:51	00:01:40	00:31:59	01:32:27	Male	135	70-74	1	Becontree wheelers
170	216	Henry Monaghan	00:10:43	00:02:45	00:46:08	00:01:14	00:31:44	01:32:33	Male	136	65-69	2	H90J
171	178	Laura MacLennan	00:09:25	00:01:44	00:50:48	00:00:50	00:30:07	01:32:55	Female	35	30-34	5	
172	128	Ray Monaghan	00:10:17	00:04:11	00:47:25	00:01:49	00:29:13	01:32:55	Male	137	55-59	3	Leigh on sea striders
173	194	Sarah Logan	00:11:46	00:04:32	00:50:27	00:00:53	00:25:23	01:33:01	Male	138	30-34	16	
174	153	Andrea Head	00:09:57	00:01:40	00:47:52	00:00:40	00:32:56	01:33:05	Female	36	45-49	6	Essex Ladies Running club
175	5	Charlie Wigmore	00:07:32	00:02:47	00:48:01	00:01:01	00:33:56	01:33:17	Male	139	20-24	4	Tri-active
176	235	Michelle Thomas	00:11:16	00:03:07	00:48:47	00:01:46	00:28:31	01:33:27	Female	37	30-34	6	
177	170	Jeremy Sullivan	00:11:47	00:02:10	00:52:53	00:00:47	00:26:02	01:33:41	Male	140	25-29	23	
178	125	Nathan Bruce	00:11:13	00:03:29	00:49:51	00:01:21	00:27:57	01:33:51	Male	141	30-34	17	
179	177	Kathryn Keam-George	00:11:15	00:02:15	00:49:44	00:00:29	00:30:09	01:33:52	Female	38	30-34	7	
180	224	Lauren Neve	00:11:44	00:03:37	00:47:19	00:01:17	00:30:34	01:34:31	Female	39	25-29	5	
181	241	Robert Anderson	00:10:17	00:02:56	00:47:25	00:01:04	00:32:55	01:34:37	Male	142	30-34	18	
182	109	Doris Kropf	00:10:48	00:02:01	00:48:34	00:00:54	00:32:32	01:34:48	Female	40	30-34	8	
183	205	Ben Williams	00:12:05	00:03:24	00:45:42	00:01:00	00:32:45	01:34:56	Male	143	30-34	19	
184	272	Lisa Gibb	00:10:46	00:03:41	00:50:17	00:01:40	00:28:56	01:35:20	Female	41	45-49	7	
185	169	Jennie Bardrick	00:09:29	00:02:56	00:52:53	00:00:48	00:29:24	01:35:30	Female	42	30-34	9	
186	198	Stuart Gray	00:08:45	00:03:42	00:45:50	00:03:31	00:33:45	01:35:33	Male	144	40-44	21	Mudda Fudders
187	281	Paul Goddard	00:12:45	00:03:12	00:51:08	00:00:53	00:27:43	01:35:41	Male	145	35-39	27	
188	291	Stephen Pier	00:10:08	00:03:29	00:47:26	00:01:38	00:33:20	01:36:01	Male	146	45-49	27	
189	171	Jimmy Allan	00:10:53	00:03:29	00:46:04	00:01:21	00:34:21	01:36:09	Male	147	45-49	28	
190	163	Grant Ludlow	00:09:49	00:03:29	00:45:29	00:01:46	00:35:45	01:36:17	Male	148	55-59	4	

191	193	Sarah Makinson	00:00:00	00:00:00	00:00:00	01:03:07	00:33:52	01:36:59	Female	43	50-54	4	JBR run & Tri
192	199	Terry Upham	00:11:23	00:01:32	00:44:21	00:01:13	00:38:42	01:37:10	Male	149	50-54	15	
193	257	Craig Brittney	00:12:28	00:03:28	00:46:11	00:01:21	00:34:13	01:37:42	Male	150	40-44	22	
194	266	Jo Fenn	00:14:31	00:02:23	00:49:35	00:00:34	00:31:28	01:38:31	Female	44	40-44	9	Essex Ladies Running club
195	101	Aaron Dexter	00:14:43	00:02:52	00:52:34	00:01:00	00:27:21	01:38:31	Male	151	30-34	20	
196	255	Claire Spencer	00:13:33	00:03:18	00:53:11	00:00:59	00:27:47	01:38:49	Female	45	40-44	10	
197	214	Emma-Jane Burley	00:11:28	00:03:35	00:51:37	00:03:14	00:29:07	01:39:01	Female	46	40-44	11	
198	138	Sarah Davidson	00:12:17	00:03:14	00:48:06	00:01:14	00:34:32	01:39:22	Female	47	40-44	12	
199	273	Louise Hunt	00:14:46	00:01:54	00:00:00	00:51:12	00:32:18	01:40:10	Female	48	40-44	13	
200	219	James Livings	00:10:05	00:02:18	01:01:01	00:00:45	00:26:14	01:40:23	Male	152	35-39	28	
201	213	Ellen Mcphillips	00:12:03	00:03:12	00:51:24	00:02:39	00:31:17	01:40:35	Female	49	55-59	1	Leigh-on-Sea Striders
202	164	Heidi Storrie	00:11:57	00:02:27	00:53:13	00:00:52	00:32:14	01:40:43	Female	50	45-49	8	
203	263	Emma Miller	00:14:27	00:04:01	00:51:29	00:01:01	00:30:05	01:41:03	Female	51	40-44	14	Essex ladies running xclub
204	68	Gemma Young	00:10:13	00:03:29	00:47:46	00:00:50	00:38:48	01:41:07	Female	52	25-29	6	
205	30	Karen Saltwell	00:08:09	00:02:21	00:48:41	00:01:43	00:40:35	01:41:29	Female	53	55-59	2	JBR run and tri club
206	225	Leah Rajan-Weare	00:12:02	00:04:05	00:52:57	00:01:08	00:31:18	01:41:31	Female	54	30-34	10	
207	254	Christophet King	00:12:01	00:03:53	00:50:10	00:00:49	00:34:42	01:41:36	Male	153	40-44	23	
208	201	Alex Bridge	00:12:18	00:03:29	00:50:19	00:01:25	00:34:49	01:42:20	Male	154	35-39	29	
209	155	Collette Waterfield	00:15:05	00:04:06	00:51:37	00:01:24	00:30:20	01:42:32	Female	55	45-49	9	
210	85	Phil Coombe	00:08:35	00:03:29	00:45:48	00:01:50	00:43:00	01:42:42	Male	155	40-44	24	JBR Run and Tri Club
211	161	Gemma Tubby	00:11:40	00:02:46	00:55:28	00:00:42	00:33:27	01:44:03	Female	56	25-29	7	
212	183	Matt Levy	00:12:14	00:02:35	00:51:38	00:00:35	00:37:02	01:44:04	Male	156	40-44	25	
213	211	David Cramphorn	00:12:31	00:04:17	00:50:54	00:01:50	00:35:02	01:44:34	Male	157	30-34	21	
214	223	Chandra Kothari	00:13:37	00:03:46	00:51:58	00:01:00	00:34:22	01:44:43	Male	158	60-64	4	
215	168	James Gregory	00:11:44	00:03:28	00:51:01	00:01:30	00:37:29	01:45:10	Male	159	35-39	30	
216	116	Jemma Tabert	00:10:57	00:02:40	00:59:18	00:01:39	00:30:43	01:45:17	Female	57	25-29	8	
217	151	Abigail Norwood	00:11:35	00:02:38	00:51:10	00:01:01	00:39:34	01:45:57	Female	58	20-24	1	
218	243	Sam Hurd	00:13:37	00:03:29	00:53:25	00:01:05	00:34:22	01:45:58	Male	160	40-44	26	Essex lads and ladies
219	277	Matt Waters	00:12:34	00:04:36	00:52:55	00:01:41	00:34:32	01:46:18	Male	161	35-39	31	
220	236	Nicola Reynolds	00:12:57	00:02:21	00:59:47	00:01:10	00:30:13	01:46:28	Female	59	25-29	9	
221	227	Louise Grace	00:12:29	00:03:29	00:55:44	00:00:50	00:35:38	01:48:10	Female	60	35-39	11	
222	200	Clifford Martin	00:13:37	00:03:29	01:00:04	00:03:30	00:38:19	01:49:09	Male	162	50-54	16	
223	298	Zoe Sullivan	00:13:25	00:03:42	00:57:32	00:00:00	00:35:29	01:50:08	Female	61	40-44	15	
224	195	Sarah Oldacre	00:13:20	00:04:47	00:54:57	00:02:23	00:34:58	01:50:24	Female	62	40-44	16	
225	89	Samuel Hill	00:09:17	00:02:38	01:14:05	00:01:25	00:24:37	01:52:02	Male	163	25-29	24	East Essex Tri Club
226	274	Marian Rolls	00:13:41	00:05:06	00:58:37	00:01:04	00:33:50	01:52:17	Female	63	40-44	17	
227	287	Sarah Hodges	00:00:00	00:16:16	00:59:15	00:01:19	00:39:08	01:55:57	Female	64	40-44	18	
228	135	Rowena Booth	00:14:10	00:03:29	01:01:16	00:01:06	00:39:25	01:59:26	Female	65	30-34	11	East Essex tri club
229	162	Glenn Johnson	00:13:18	00:02:56	01:07:50	00:02:08	00:33:48	02:00:01	Male	164	35-39	32	

230	284	Paz Casado	00:11:03	00:03:14	01:04:59	00:00:46	00:42:52	02:02:55	Female	66	40-44	19	
231	295	Verity Goodey	00:07:11	00:02:21	01:07:16	00:00:58	00:45:41	02:03:26	female	67	25-29	10	
232	268	Kay Goodey	00:10:35	00:03:33	01:02:38	00:01:05	00:45:36	02:03:26	Female	68	50-54	5	
DQ	264	Gary Baker	00:11:24	00:01:47	00:42:22	00:00:55	00:25:16	01:21:45	Male		45-49		