

Price type	Participant name	Gender	Club
Essex Champs ONLY	Palmer, Wayne	MALE	Barking Road Runners
Essex Champs ONLY	Veerasamy, Kresh	MALE	Barking Road Runners
Essex Champs ONLY	Bartlett, Dervish	MALE	Barking road runners
Essex Champs ONLY	Vialls, Ronald	MALE	Barking Road Runners
Essex Champs ONLY	Gwilliam, Andrew	MALE	Barking Road Runners
Essex Champs ONLY	McAllister, Wayne	MALE	Barking Road Runners
Essex Champs ONLY	Sinclair, Isla	FEMALE	Benfleet Running Club
Essex Champs ONLY	Hall, Angela	FEMALE	Benfleet Running Club
Essex Champs ONLY	Lyons, Daniel	MALE	Benfleet Running Club
Essex Champs ONLY	Judge, Kevin	MALE	Benfleet Running Club
Essex Champs ONLY	Cooper, Mandy	FEMALE	Benfleet Running Club
Essex Champs ONLY	Gould, John	MALE	Benfleet Running Club
Essex Champs ONLY	Burrough, Billie	MALE	Benfleet Running Club
Essex Champs ONLY	Baynton, Lee	MALE	Benfleet Running Club
Essex Champs ONLY	Tomlins, Tim	MALE	Benfleet Running Club
Essex Champs ONLY	Abbott, Darren	MALE	Benfleet Running Club
Essex Champs ONLY	Caldon, James	MALE	Benfleet running club
Essex Champs ONLY	Byrne, Ciaran	MALE	Benfleet Running Club
Essex Champs ONLY	Burton, Stephen	MALE	Benfleet running club
Essex Champs ONLY	Valbonesi, Michael	MALE	Benfleet Running Club
Essex Champs ONLY	Robin McCoy	Male	Billericay Striders
Essex Champs ONLY	Crispain Bloomfield	Male	Billericay Striders
Essex Champs ONLY	Rodgers, Ian	MALE	Bishop's Stortford Running Club
Essex Champs ONLY	Rodgers, Eleanor	FEMALE	Bishop's Stortford Running Club
Essex Champs ONLY	Pitts, Chris	MALE	Bishop's Stortford Running Club
Essex Champs ONLY	Rolfe, Steven	MALE	Braintree
Essex Champs ONLY	Grantham, Raoul	MALE	Braintree & District AC
Essex Champs ONLY	Caulfield, Michelle	FEMALE	Braintree & District AC
Essex Champs ONLY	Cousins, Lee	MALE	braintree athletic
Essex Champs ONLY	Bethell, Jared	MALE	BSRC
Essex Champs ONLY	Miles, Albert	MALE	Castle Point Joggers
Essex Champs ONLY	Evans, Megan	FEMALE	Chelmsford AC
Essex Champs ONLY	Lee Pickering	Male	Chelmsford AC
Essex Champs ONLY	Harrod, Mark	MALE	Colchester Harriers
Essex Champs ONLY	Waterson, James	MALE	Colchester Harriers
Essex Champs ONLY	Marley, Keith	MALE	Colchester Harriers
Essex Champs ONLY	Wilkinson, Daniel	MALE	Colchester Harriers
Essex Champs ONLY	Cooke, Rebecca	FEMALE	Colchester Harriers
Essex Champs ONLY	Mayne, Eleanor	FEMALE	Colchester harriers
Essex Champs ONLY	Jones, Carwyn	MALE	Colchester Harriers
Essex Champs ONLY	Shewbridge, Laura	FEMALE	Colchester Harriers
Essex Champs ONLY	Flutter, Richard	MALE	Colchester Harriers
Essex Champs ONLY	Manby, Chris	MALE	Colchester harriers
Essex Champs ONLY	Farrugia, Daz	MALE	Colchester Harriers
Essex Champs ONLY	McMillan, Ged	MALE	Colchester Harriers
Essex Champs ONLY	Rachel Dale	Female	Colchester Harriers
Essex Champs ONLY	Allen Smalls	Male	Colchester Harriers
Essex Champs ONLY	John Nears	Male	Colchester Harriers
Essex Champs ONLY	Rodgers, Paul	MALE	Colchester Harriers AC
Essex Champs ONLY	Humphries, Cameron	MALE	Colchester Harriers AC
Essex Champs ONLY	Isherwood, Angela	FEMALE	Colchester Harriers AC
Essex Champs ONLY	Preston, Paul	MALE	Colchester Harriers AC

Essex Champs ONLY	Shirley, Marie	FEMALE	Colchester Harriers AC
Essex Champs ONLY	Ridley, Colin	MALE	Colchester Harriers AC
Essex Champs ONLY	Nelson, Jamie	MALE	Colchester harriers AC
Essex Champs ONLY	Dowell, Melissa	FEMALE	Colchester Harriers AC
Essex Champs ONLY	Smith, Simon	MALE	Colchester Harriers AC
Essex Champs ONLY	Wilson, Simon	MALE	Colchester Harriers AC
Essex Champs ONLY	McFarlane, Joanne	FEMALE	Dagenham 88
Essex Champs ONLY	Chappell, Louise	FEMALE	Dagenham 88 Runners
Essex Champs ONLY	Veerasamy, Timi Selon	FEMALE	Dagenham 88 runners
Essex Champs ONLY	Prior, Sara	FEMALE	Dagenham 88 runners
Essex Champs ONLY	ROBINSON, SHARON	FEMALE	Dagenham 88 Runners
Essex Champs ONLY	TUCK, CAROLINE	FEMALE	Dagenham 88 Runners
Essex Champs ONLY	Martin, Kay	FEMALE	Dagenham 88 Runners
Essex Champs ONLY	Duggsn, Anne	FEMALE	Dagenham 88 runners
Essex Champs ONLY	Dudman, Richard	MALE	Dagenham 88 runners
Essex Champs ONLY	Swinburne, Nigel	MALE	Dagenham 88 Runners
Essex Champs ONLY	Dudman, Emma	FEMALE	Dagenham 88 runners
Essex Champs ONLY	Elliott, Jacqui	FEMALE	Dagenham 88 runners
Essex Champs ONLY	Salmon, Rosina	FEMALE	Dagenham88Runners
Essex Champs ONLY	Salmon, Peter	MALE	Dagenham88runners
Essex Champs ONLY	See, Richard	MALE	Dengie 100
Essex Champs ONLY	McDonnell, Barbara	FEMALE	Dengie 100 Runners
Essex Champs ONLY	McDonnell, Chris	MALE	Dengie 100 Runners
Essex Champs ONLY	Winsor, Gill	FEMALE	Dengie 100 Runners
Essex Champs ONLY	Stevenson, Carly	FEMALE	Dengie 100 Runners
Essex Champs ONLY	Wendy Aldridge	Female	Dengie 100 Runners
Essex Champs ONLY	Taylor, Michael	MALE	east essex tri club
Essex Champs ONLY	Childs, Alex	MALE	East Essex Triathlon Club
Essex Champs ONLY	Boulton, Mark	MALE	East London Runners
Essex Champs ONLY	Baxter, Andrew	MALE	East London Runners
Essex Champs ONLY	Browne, Aaron	MALE	East london runners
Essex Champs ONLY	Creeed, James	MALE	East London runners
Essex Champs ONLY	Martin, Regis	MALE	East London Runners
Essex Champs ONLY	Martin Romero, Antonio	MALE	East London Runners
Essex Champs ONLY	Rayner, Billy	MALE	East London Runners
Essex Champs ONLY	Brown, Patrick	MALE	East London runners
Essex Champs ONLY	Ward, Louise	FEMALE	Eton Manor AC
Essex Champs ONLY	Vacher, Louise	FEMALE	Eton Manor AC
Essex Champs ONLY	Bolister, Sharon	FEMALE	Eton Manor AC
Essex Champs ONLY	Mark Waine	Male	Flitwick Flyers
Essex Champs ONLY	King, Charlotte	FEMALE	Grange farm & dunmow runners
Essex Champs ONLY	King, Simon	MALE	Grange farm & dunmow runners
Essex Champs ONLY	Bosher, James	MALE	Grange Farm & Dunmow Runners
Essex Champs ONLY	Henderson, Sean	MALE	grange farm and dunmow runners
Essex Champs ONLY	Lawson, Ian	MALE	Grange Farm and Dunmow Runners
Essex Champs ONLY	Read, Steven	MALE	Grange Farm and Dunmow Runners
Essex Champs ONLY	Brown, Alistair	MALE	Grange farm and Dunmow Runners
Essex Champs ONLY	Singleton, Octavia	FEMALE	Grange farm and Dunmow runni
Essex Champs ONLY	Wilson, Antoinette	FEMALE	Great Bentley
Essex Champs ONLY	Clarkson, Lee	MALE	Great Bentley
Essex Champs ONLY	Stevens, Kevin	MALE	Great bentley
Essex Champs ONLY	Rajoo-Oakley, Meera	FEMALE	Great Bentley Running Club
Essex Champs ONLY	Cubberley, Deborah	FEMALE	Great Bentley Running Club

Essex Champs ONLY	Hollidge, Paul	MALE	Great Bentley Running Club
Essex Champs ONLY	Davison, Paul	MALE	great Bentley running club
Essex Champs ONLY	Fletcher, Sarah	FEMALE	Great Bentley Running Club
Essex Champs ONLY	Reynolds, Patrick	MALE	Great Bentley Running Club
Essex Champs ONLY	Conran, Rebecca	FEMALE	Great Bentley Running Club
Essex Champs ONLY	Bautista Fructuoso, Chus	FEMALE	Gt Bentley Running Club
Essex Champs ONLY	Candler, Richard	MALE	Halstead Road Runners
Essex Champs ONLY	Hollinshead, Dan	MALE	Halstead Road Runners
Essex Champs ONLY	Greenley, Jon	MALE	Halstead Road Runners
Essex Champs ONLY	Grealy, Mike	MALE	Halstead Road Runners
Essex Champs ONLY	Smith, Nicole	FEMALE	Halstead Road Runners
Essex Champs ONLY	Bronson, Kathryn	FEMALE	Halstead Road runners
Essex Champs ONLY	Atkins, Wes	MALE	Halstead Road Runners
Essex Champs ONLY	Atkins, Rosie	FEMALE	Halstead road runners
Essex Champs ONLY	Bob Langley	Male	Halstead Road Runners
Essex Champs ONLY	Andrew Wilmot	Male	Halstead Road Runners
Essex Champs ONLY	May, Steve	MALE	Halstead Road Runners
Essex Champs ONLY	Hollinshead, Megan	FEMALE	Halstead road Runners
Essex Champs ONLY	Wilson, Neil	MALE	Halstead RRC
Essex Champs ONLY	Hill, Sara	FEMALE	Halstead RRC
Essex Champs ONLY	Marfleet, Laura	FEMALE	Halstead RRC
Essex Champs ONLY	Coulter, Martyn	MALE	Harlow RC
Essex Champs ONLY	Tiley, Darren	MALE	Harlow RC
Essex Champs ONLY	Rust, Sandra	FEMALE	Harlow Running Club
Essex Champs ONLY	Moody, Colin	MALE	Harlow Running Club
Essex Champs ONLY	Jay, Carinne	FEMALE	Harlow Running Club
Essex Champs ONLY	Haigh, Jason	MALE	Harlow Running Club
Essex Champs ONLY	Jones, Dionne	FEMALE	Harlow running club
Essex Champs ONLY	Bradley, Andy	MALE	Harlow Running club
Essex Champs ONLY	Bull, John	MALE	Harlow Running club
Essex Champs ONLY	Gardiner, Julia	FEMALE	Harlow running club
Essex Champs ONLY	Wright, Sharon	FEMALE	Harlow Running Club
Essex Champs ONLY	Fell, Adrian	MALE	Harlow Running Club
Essex Champs ONLY	Elven, Martin	MALE	Harlow Running Club
Essex Champs ONLY	Jephcott, Jamie	MALE	Harlow running club
Essex Champs ONLY	Smith, Alex	MALE	Harlow Running Club
Essex Champs ONLY	Reason, Robert	MALE	Harwich Runners
Essex Champs ONLY	Doran, Matt	MALE	Harwich runners
Essex Champs ONLY	Brookes, Robin	MALE	Harwich Runners
Essex Champs ONLY	Higgon, Jeff	MALE	Harwich Runners
Essex Champs ONLY	Day, Simon	MALE	Harwich Runners
Essex Champs ONLY	Mills, Francis	MALE	Harwich runners
Essex Champs ONLY	Mark Rutter	Male	Harwich Runners
Essex Champs ONLY	Spong, Sue	FEMALE	Havering 90 Joggers
Essex Champs ONLY	Dale, Sue	FEMALE	Havering 90 joggers
Essex Champs ONLY	Robinson, Michael	MALE	Havering 90 Joggers
Essex Champs ONLY	Mole, Denis	MALE	havering 90 joggers
Essex Champs ONLY	Keeley, David	MALE	Havering '90 Joggers
Essex Champs ONLY	Winston, Roger	MALE	Havering '90 Joggers
Essex Champs ONLY	Hart, Simon	MALE	Havering AC
Essex Champs ONLY	Blogg, James	MALE	Havering90
Essex Champs ONLY	Wright, Andrew	MALE	Havering90Joggers
Essex Champs ONLY	Mavris, Kerry	FEMALE	HRC

Essex Champs ONLY	Parker, Stephen	MALE	Ilford A.C.
Essex Champs ONLY	Alaganandasundaram, S	MALE	Ilford AC
Essex Champs ONLY	Briggs, Dennis	MALE	Ilford AC
Essex Champs ONLY	Muir, Malcolm	MALE	Ilford AC
Essex Champs ONLY	Holloway, Paul	MALE	Ilford ac
Essex Champs ONLY	Cullen, Declan	MALE	Ilford AC
Essex Champs ONLY	Rahman, Sam	MALE	Ilford AC
Essex Champs ONLY	Hopkinson, Nicola	FEMALE	Ilford AC
Essex Champs ONLY	CRISP, NEIL	MALE	Ilford Athletic Club
Essex Champs ONLY	Summers, Darren	MALE	Leigh on Sea Striders
Essex Champs ONLY	Payne, Michelle	FEMALE	Leigh on Sea Striders
Essex Champs ONLY	Hannan, John	MALE	Leigh on sea strikers
Essex Champs ONLY	Ian Tatman	Male	Leigh-On-Sea Striders
Essex Champs ONLY	Taylor, Susan	FEMALE	N/a
Essex Champs ONLY	Bennett, Bill	MALE	Orion Harriers
Essex Champs ONLY	De Smedt, Beryl	FEMALE	Phoenix Striders
Essex Champs ONLY	Morris, Jack	MALE	Pitsea rc
Essex Champs ONLY	Donald Sinclair	Male	Pitsea Running Club
Essex Champs ONLY	Pickett, Samantha	FEMALE	Rochford Running Club
Essex Champs ONLY	Halls, Fiona	FEMALE	Saffron Striders
Essex Champs ONLY	Coates, Nigel	MALE	Saffron Striders
Essex Champs ONLY	Naylor, Marianne	FEMALE	Saffron Striders
Essex Champs ONLY	Smith, Michael	MALE	Southend a c
Essex Champs ONLY	Balding, Tony	MALE	Southend AC
Essex Champs ONLY	Whittaker, Paul	MALE	Southend AC
Essex Champs ONLY	Kostyrka-Allchorne, Kasia	FEMALE	Southend AC
Essex Champs ONLY	James Campion	Male	Southend AC
Essex Champs ONLY	Stephen Jewell	Male	Southend AC
Essex Champs ONLY	English, Tracy	FEMALE	Southend on sea
Essex Champs ONLY	Newman-Russell, Sally	FEMALE	Southend-on-sea Athletic Club
Essex Champs ONLY	Aves, Susan	FEMALE	Springfield Striders RC
Essex Champs ONLY	Manton, Alex	MALE	Springfield Striders RC
Essex Champs ONLY	Baines, Louise	FEMALE	Springfield Striders RC
Essex Champs ONLY	Joslin, Gary	MALE	Springfield Striders RC
Essex Champs ONLY	Chubb, Peter	MALE	Springfield Striders RC
Essex Champs ONLY	Curren, Vic	FEMALE	Springfield Striders RC
Essex Champs ONLY	Goodwin, Sarah	FEMALE	Springfield Striders RC
Essex Champs ONLY	Roughan, Rachael	FEMALE	Springfield Striders RC
Essex Champs ONLY	Hutton, Adam	MALE	Springfield Striders RC
Essex Champs ONLY	Thompson, Holly	FEMALE	Springfield Striders RC
Essex Champs ONLY	Darney, Stuart	MALE	Springfield Striders RC
Essex Champs ONLY	Sirett, Robert	MALE	Springfield Striders RC
Essex Champs ONLY	Turk, Jennifer	FEMALE	Springfield Striders RC
Essex Champs ONLY	Smith, James	MALE	Springfield Striders RC
Essex Champs ONLY	Raven, Stuart	MALE	Springfield Striders RC
Essex Champs ONLY	Cammack, Tom	MALE	Springfield Striders RC
Essex Champs ONLY	Benson, Alex	MALE	Springfield Striders RC
Essex Champs ONLY	Watson, Martin	MALE	Springfield Striders RC
Essex Champs ONLY	Brown, Hannah	FEMALE	Springfield Striders RC
Essex Champs ONLY	Turk, Kelly	FEMALE	Springfield Striders RC
Essex Champs ONLY	Turk, Elizabeth	FEMALE	Springfield Striders RC
Essex Champs ONLY	Turk, David	MALE	Springfield Striders RC
Essex Champs ONLY	Ellis, Paul	MALE	Springfield Striders RC

Essex Champs ONLY	Potter, Malcolm	MALE	Springfield Striders RC
Essex Champs ONLY	Govender, Val	MALE	Springfield Striders RC
Essex Champs ONLY	Meecham, Simon	MALE	Springfield Striders RC
Essex Champs ONLY	purse, christopher	MALE	Springfield Striders RC
Essex Champs ONLY	Turner, Adam Turner	MALE	Springfield Striders RC
Essex Champs ONLY	Adlem, Caroline	FEMALE	Springfield Striders RC
Essex Champs ONLY	Mark Newton	Male	Springfield Striders RC
Essex Champs ONLY	Ian Brazier	Male	Springfield Striders RC
Essex Champs ONLY	Richard Rule	Male	Springfield Striders RC
Essex Champs ONLY	Sheila MaCaulay	Female	Springfield Striders RC
Essex Champs ONLY	Phillip Smith	Male	Springfield Striders RC
Essex Champs ONLY	Scott Dryden	Male	Springfield Striders RC
Essex Champs ONLY	Colin Woods	Male	Springfield Striders RC
Essex Champs ONLY	Chris Burgoyne	Male	Springfield Striders RC
Essex Champs ONLY	Dunne, Derek	MALE	Springfield Striders RC
Essex Champs ONLY	Bridgman, Polly	FEMALE	Springfield Striders RC
Essex Champs ONLY	Bilbie, Samantha	FEMALE	Springfield Striders RC
Essex Champs ONLY	Robinson, Peter	MALE	Springfield Striders RC
Essex Champs ONLY	Morris, Donna	FEMALE	Springfield Striders RC
Essex Champs ONLY	Smith, David	MALE	Springfield Striders RC
Essex Champs ONLY	Wright, James	MALE	Springfield Striders RC
Essex Champs ONLY	Hands, Nichola	FEMALE	Springfield Striders RC
Essex Champs ONLY	Hands, Kenneth	MALE	Springfield Striders RC
Essex Champs ONLY	Goodall, Antony	MALE	Springfield Striders RC
Essex Champs ONLY	Gillard, Colin	MALE	Springfield Striders RC
Essex Champs ONLY	Buckley, Mark	MALE	Springfield Striders RC
Essex Champs ONLY	gillan, alistair	MALE	Springfield Striders RC
Essex Champs ONLY	Allen, Gavin	MALE	Springfield Striders RC
Essex Champs ONLY	Fittock, Jamie	MALE	Sudbury joggers
Essex Champs ONLY	Parker, Alexa	FEMALE	Thrift Green Trotters
Essex Champs ONLY	Cima, Owen	MALE	Thrift Green Trotters
Essex Champs ONLY	Lloyd, Mary	FEMALE	Thrift Green Trotters
Essex Champs ONLY	Wilson, Julie	FEMALE	thrift green trotters
Essex Champs ONLY	Russell, John	MALE	Thurrock Harriers
Essex Champs ONLY	Mack, Martin	MALE	thurrock harriers
Essex Champs ONLY	Syrett, Jason	MALE	Thurrock Harriers AC
Essex Champs ONLY	Dellar, Paul	MALE	Tiptree Road Runners
Essex Champs ONLY	Harrington, Tracy	FEMALE	Tiptree Road Runners
Essex Champs ONLY	Mingay, Paul	MALE	Tiptree Road Runners
Essex Champs ONLY	Moon, Graeme	MALE	Tiptree Road Runners
Essex Champs ONLY	Garrett, Richard	MALE	Tiptree Road Runners
Essex Champs ONLY	Knight, Vicky	FEMALE	Tiptree Road Runners
Essex Champs ONLY	Knight, Anthony	MALE	Tiptree Road Runners
Essex Champs ONLY	Davies, Lucy	FEMALE	Tiptree roadrunners
Essex Champs ONLY	Clarke, Penny	FEMALE	Witham Running Club
Essex Champs ONLY	Chandler, Paul	MALE	Witham Running Club
Essex Champs ONLY	Farren, James	MALE	Witham Running Club
Essex Champs ONLY	Hennings, Steve	MALE	Witham Running Club
Essex Champs ONLY	Crisp, James	MALE	Witham Running Club
Essex Champs ONLY	Lager, Andrew	MALE	Witham Running Club
Essex Champs ONLY	Cole, Leo	MALE	Witham Running Club
Essex Champs ONLY	Denby, Tracey	FEMALE	Witham Running Club
Essex Champs ONLY	Grimwood, Becky	FEMALE	Witham Running Club

Essex Champs ONLY	Riley, Pete	MALE	Witham Running Club
Essex Champs ONLY	Campbell, Dave	MALE	Witham Running Club
Essex Champs ONLY	Morrison, Clare	FEMALE	Witham Running Club
Essex Champs ONLY	Grainger, Anita	FEMALE	Witham Running Club
Essex Champs ONLY	Sweeney, Emma	FEMALE	Witham Running Club
Essex Champs ONLY	Austin, Mark	MALE	Witham Running Club
Essex Champs ONLY	Wallen, Brigid	FEMALE	Witham Running Club
Essex Champs ONLY	Darney, Scott	MALE	Witham Running Club
Essex Champs ONLY	Martin, Chris	MALE	Witham Running Club
Essex Champs ONLY	Enders, Shelley	FEMALE	Witham Running Club
Essex Champs ONLY	Mizon, Heydon	MALE	Witham Running Club
Essex Champs ONLY	Pembroke, Lee	MALE	Witham Running Club
Essex Champs ONLY	Eyre, Graham	MALE	Witham Running Club
Essex Champs ONLY	Perry, James	MALE	Woodford Green & Essex Ladies
Essex Champs ONLY	Holford, Angus	MALE	Woodford Green AC with Essex Ladies
Essex Champs ONLY	Hynes, Richard	MALE	
Essex Champs ONLY	Cone, Elliott	MALE	
Essex Champs ONLY	Wilson, Maureen	FEMALE	
Essex Champs ONLY	Martin, Susannah	FEMALE	

Price type	Participant name	Gender	Club
Individual Entry	Colling, Gemma	FEMALE	Great Bentley running club
Individual Entry	Ellice, Simon	MALE	Bishop's Stortford Runnjng Club
Individual Entry	Low, Andrew	MALE	Benfleet Rc
Individual Entry	Butler, Zoe	FEMALE	
Individual Entry	Ostler, Anneli	FEMALE	Felixstowe RRC
Individual Entry	Bethell, Jeremy	MALE	leigh on sea striders
Individual Entry	Payne, Kevin	MALE	Mid Essex Casuals
Individual Entry	Glanfield, Jonathan	MALE	Felixstowe Road Runners
Individual Entry	Mitchell, Craig	MALE	Craig's layer boot camp
Individual Entry	Anstee, Alex	MALE	Amphill & Flitwick Flyers
Individual Entry	Mills, Lorraine	FEMALE	
Individual Entry	Hughes, Danielle	FEMALE	
Individual Entry	Cook, Darren	MALE	Felixstowe RR
Individual Entry	Perryman, Gary	MALE	Tiptree road runners
Individual Entry	Lau, Johnny	MALE	Leigh on Sea Striders
Individual Entry	Johnson, Catherine	FEMALE	
Individual Entry	Tillson, Hannah	FEMALE	
Individual Entry	Bunyan, Rebecca	FEMALE	
Individual Entry	Waite, Jay	MALE	Craig's layer boot camp
Individual Entry	Quinn, Andrew	MALE	Springfield Striders
Individual Entry	Rodgers, Rachel	FEMALE	Craig's Layer Boot Camp
Individual Entry	Watkins, Gemma	FEMALE	
Individual Entry	Yates, Louise	FEMALE	Craigs Layer Bootcamp
Individual Entry	Holohan, Lee	MALE	Craig's Layer Bootcamp
Individual Entry	Lawrence, Mark	MALE	Bishops Stortford RC
Individual Entry	PENFOLD, Kerry	FEMALE	
Individual Entry	Gurney, Lucinda	FEMALE	CRAIGS Layer Boot Camp
Individual Entry	Gammons, Emma	FEMALE	Felixstowe Road Runners
Individual Entry	Hodson, Maud	FEMALE	East London Runners
Individual Entry	Laws, Gavin	MALE	
Individual Entry	Silverton, Ross	MALE	Witham rc
Individual Entry	Hopkins, Matthew	MALE	
Individual Entry	Cook, Wayne	MALE	Colchester harriers
Individual Entry	Hurding, Morven	FEMALE	
Individual Entry	Eason, Stuart	MALE	
Individual Entry	Rothero, Paula	FEMALE	Tiptree Road Runners
Individual Entry	Shillaker, Mark	MALE	Tiptree Road Runners
Individual Entry	Solomon, Dave	MALE	felixstowe rrc
Individual Entry	Brunt, Jason	MALE	Norfolk Gazelles
Individual Entry	Brooks, Ellen	FEMALE	Bishop's Stortford Running Club
Individual Entry	Sambrook, Rob	MALE	
Individual Entry	Smith, Sharley	FEMALE	Rochford Running Club
Individual Entry	Tunbridge, Daniel	MALE	Dengie 100 Runners
Individual Entry	Sowerby, Giles	MALE	Witham RC
Individual Entry	Perry, Samantha	FEMALE	
Individual Entry	De Orfe, Emily	FEMALE	Dengie 100 Runners
Individual Entry	Wright, Jennifer	FEMALE	Ipswich Jaffa RC
Individual Entry	McCulloch, Phil	MALE	Layer swiggers
Individual Entry	Bullock, Emma	FEMALE	
Individual Entry	Arnold, Trevor	MALE	
Individual Entry	Clark, Daniel	MALE	Felixstowe Road Runners
Individual Entry	Clark, George	MALE	

Individual Entry	O'Donnell, Sandra	FEMALE	
Individual Entry	Allan, Chris	MALE	Bishops Stortford Running Club
Individual Entry	Etherden, John	MALE	Bishop's Stortford RC
Individual Entry	West, Jessica	FEMALE	London City AC
Individual Entry	Pitts, Kate	FEMALE	
Individual Entry	Fowler, Shirley	FEMALE	Haverhill running club
Individual Entry	Rosenwold, Joanne	FEMALE	haverhill running club
Individual Entry	Welter, Dani	FEMALE	Bishops Stortford RC
Individual Entry	Gillingham, Emily	FEMALE	
Individual Entry	Wargent, Belinda	FEMALE	
Individual Entry	Hedges, Simon	MALE	
Individual Entry	Jobling, Andrew	MALE	
Individual Entry	Prestney, Stuart	MALE	Halstead RR
Individual Entry	Shanks, Daniel	MALE	Felixstowe Road Runners
Individual Entry	Catt, Debra	FEMALE	Rochford Running Club
Individual Entry	Eagling, Natasha	FEMALE	
Individual Entry	Matibini, Matibini	MALE	LEIGH-ON-SEA STRIDERS
Individual Entry	Goodman, Jason	MALE	Rochford running club
Individual Entry	Usher, Ben	MALE	Harlow Running Club
Individual Entry	Carey, Helen	FEMALE	
Individual Entry	Barham, Mark	MALE	
Individual Entry	Hunt, Nicola	FEMALE	bishops Stortford running club
Individual Entry	Mead, Matt	MALE	
Individual Entry	VALENTINI, CLAUDIO	MALE	
Individual Entry	Orley, Sarah	FEMALE	
Individual Entry	Neylan, Matthew	MALE	
Individual Entry	Wise, Steve	MALE	Benfleet
Individual Entry	Wade, Adam	MALE	Ipswich Jaffa
Individual Entry	Hatton, Neil	MALE	rochford running club
Individual Entry	Birch, Warren	MALE	Ipswich Jaffa
Individual Entry	Clark, James	MALE	Halstead Road Runners
Individual Entry	Richardson, Lloyd	MALE	Flyers Southend
Individual Entry	Baldwin, Kevin	MALE	East Essex Tri Club
Individual Entry	Enefer, Steve	MALE	
Individual Entry	Rushman, Joanne	FEMALE	
Individual Entry	Spittle, Jennifer	FEMALE	
Individual Entry	McMasters, Georgina	FEMALE	Leigh-on-Sea Striders
Individual Entry	Fawkes, George	MALE	Southend Flyers
Individual Entry	Aggarwal, Mary	FEMALE	
Individual Entry	Greenslade, Michael	MALE	East Essex Triathlon Club
Individual Entry	Atling, Stuart	MALE	Rochford Running Club
Individual Entry	Cooke, John	MALE	Colchester Harriers AC
Individual Entry	Galbally, Melissa	FEMALE	
Individual Entry	Elliott, Lorna	FEMALE	
Individual Entry	Yan, Alan	MALE	PreCon3
Individual Entry	Perry, Samantha	FEMALE	Samantha
Individual Entry	Jones, Pete	MALE	53-12
Individual Entry	Hagan, Tania	FEMALE	Leigh-On-Sea Striders
Individual Entry	Gibbs, Nadia	FEMALE	
Individual Entry	Martin, Daisy	FEMALE	Claremont
Individual Entry	Smith, Barry	MALE	Ryston Runners AC
Individual Entry	Prigg, Mark	MALE	
Individual Entry	Ali, Shahib	MALE	East London Runners

Individual Entry	Mansoor, Feroz	MALE	
Individual Entry	Jordan, Pete	MALE	
Individual Entry	Gould, Zoe	FEMALE	Tiptree road runners
Individual Entry	Skinner, Stephen	MALE	Run Fast
Individual Entry	Latter, Darren	MALE	ROCHFORD RUNNING CLUB
Individual Entry	Powell, Brian	MALE	Born2tri
Individual Entry	Holmes, Christian	MALE	southend athletics club
Individual Entry	McKenna, Paul	MALE	Grange Farm and Dunmow Runners
Individual Entry	Beasant, Julie	FEMALE	
Individual Entry	Attwood, Sarah	FEMALE	York Knavesmire harriers
Individual Entry	Anderson, Gilly	FEMALE	
Individual Entry	Owen, Andy	MALE	Halstead RRC
Individual Entry	Maclean, Brendon	MALE	Harlow Running Club
Individual Entry	Baker, Lorraine	FEMALE	Tiptree Road Runners
Individual Entry	Baker, Simon	MALE	Tiptree Road Runners
Individual Entry	Buist, Jon	MALE	Halstead RRC
Individual Entry	Knight, Paul	MALE	Bishopstortford
Individual Entry	Sims, Danielle	FEMALE	Bishop's Stortford Running Club
Individual Entry	Ramage, Andrew	MALE	Harlow Running Club
Individual Entry	Barry, Debbie	FEMALE	Harlow Running Club
Individual Entry	Saunders, Toni	FEMALE	
Individual Entry	Saunders, Jordan	FEMALE	
Individual Entry	Bayer, George	MALE	South Woodham Runners
Individual Entry	Harper, J L	MALE	Felixstowe RRC
Individual Entry	Vernon, Jayne	FEMALE	
Individual Entry	Vernon, Jayne	FEMALE	
Individual Entry	Greet, Wayne	MALE	Bishop's Stortford
Individual Entry	Giles, Christopher	MALE	
Individual Entry	Hunter, Annette	FEMALE	
Individual Entry	Vince, Debbie	FEMALE	Dagenham 88 Runners
Individual Entry	Taylor, Steven	MALE	
Individual Entry	Pizzey, Paul	MALE	Dragons Running Club
Individual Entry	Smith, Ryan	MALE	Harlow running club
Individual Entry	Vindlacheruvu, Raghu	MALE	Madhavi
Individual Entry	Reader, Rob	MALE	Speedy Bob Racing
Individual Entry	carey, kelly	FEMALE	
Individual Entry	Frost, Sarah	FEMALE	Halstead Road runners
Individual Entry	Haynes, Jonathan	MALE	Bishop's Stortford RC
Individual Entry	Smith, Charlotte	FEMALE	
Individual Entry	Saville, Suzanne	FEMALE	
Individual Entry	Bowen, Sean	MALE	Garden City Runners
Individual Entry	Howlett, Suzanne	FEMALE	Run eat sleep
Individual Entry	Leaver, Clair	FEMALE	Run eat sleep
Individual Entry	Longshaw, Louise	FEMALE	Run Eat Sleep
Individual Entry	Merrick, Simon	MALE	Felixstowe Road Runners
Individual Entry	Arscott, Joanna	FEMALE	Bishops stortford running club
Individual Entry	Scofield, Paul	MALE	Bishops Stortford RC
Individual Entry	Gould, Daniel	MALE	Felixstowe RRC
Individual Entry	Gruber, Sarah	FEMALE	Invicta East Kent AC
Individual Entry	Reid, Emma	FEMALE	Bishops Stortford Running Club
Individual Entry	Argall, Peter	MALE	Dengie 100 runners
Individual Entry	Ward, Daniel	MALE	Thrift Green Trotters
Individual Entry	Corbett, Tara	FEMALE	GFDR

Individual Entry	Cardy, Jo	FEMALE	Witham
Individual Entry	Cardy, Jo	FEMALE	Witham
Individual Entry	Spencer, Sharon	FEMALE	MRG
Individual Entry	Dobrowolski, Donna	FEMALE	Michelle's Running Group
Individual Entry	Morley, Lisa	FEMALE	
Individual Entry	Jopson, Jo	FEMALE	MRG
Individual Entry	Caulfield, Robert	MALE	Braintree & District
Individual Entry	Williams, Rebecca	FEMALE	
Individual Entry	Williams, Nick	MALE	
Individual Entry	Williams, Steven	MALE	
Individual Entry	Darling, Nicola	FEMALE	MRG
Individual Entry	Bennett, Amy	FEMALE	Michelles running club
Individual Entry	Kochan, Sally	FEMALE	
Individual Entry	Stevenson, Nicola	FEMALE	Felixstowe road runners
Individual Entry	Chapman, Adam	MALE	Bishops Stortford Running club
Individual Entry	Summers, Julia	FEMALE	Leigh on Sea Striders
Individual Entry	Higgins, Mark	MALE	Michelle Caufield's Running Group
Individual Entry	Johnys, Alexis	FEMALE	Run For Your Life
Individual Entry	Johnys, Benjamin	MALE	RUN FOR YOUR LIFE
Individual Entry	TUNBRIDGE, MANDY	FEMALE	
Individual Entry	Harkness, Harry	MALE	
Individual Entry	Bentley, Nicola	FEMALE	
Individual Entry	Hoad, Jason	MALE	
Individual Entry	WILLIAMS, PETER	MALE	
Individual Entry	Platt, John	MALE	
Individual Entry	Platt, Samuel	MALE	
Individual Entry	Hitchcock, Martin	MALE	Leigh on sea striders
Individual Entry	Ironside, Matt	MALE	Bishops Stortford RC
Individual Entry	Duff, Jason	MALE	Felixstowe Road Runners
Individual Entry	Morris, Jack	MALE	East Essex Triathlon Club
Individual Entry	Conway, James	MALE	MRG
Individual Entry	Warman, Georgia	FEMALE	
Individual Entry	Gaulton, Kerry	FEMALE	
Individual Entry	Warne, John	MALE	Braintree & District Athletic Club
Individual Entry	Levy, Jason	MALE	East London Runners
Individual Entry	Harris, Katherine	FEMALE	East London Runners
Individual Entry	O'HALLORAN, LIAM	MALE	
Individual Entry	Convoy, Julia	FEMALE	Michelle's Running Group
Individual Entry	Urwin, Maison	MALE	
Individual Entry	Beatty, Peter	MALE	Bishop's Stortford Running Club
Individual Entry	Richardson, Sean	MALE	
Individual Entry	McPherson, Taryne	FEMALE	Eton Manor
Individual Entry	Porter, Tom	MALE	Halstead Road Runners
Individual Entry	Violett, Suzy	FEMALE	JME
Individual Entry	Thomas, Paul	MALE	Witham rc
Individual Entry	Archer, Roisin	FEMALE	East London Runners
Individual Entry	Pannell, Jane	FEMALE	Eton Manor A C
Individual Entry	Winning, Christopher	MALE	
Individual Entry	Chaplin, Andrew	MALE	Pitsea RC
Individual Entry	Sunderland, Catherine	FEMALE	
Individual Entry	Bazzard, Lydia	FEMALE	Dengie100
Individual Entry	Moses, Neil	MALE	Havering '90 Joggers
Individual Entry	Firman, Marco	MALE	Braintree

Individual Entry	longhurst, Christopher	MALE	
Individual Entry	Barron, Soraya	FEMALE	Springfield Striders RC
Individual Entry	Sawyer, Stephen	MALE	Dengie100 runners
Individual Entry	Hayes, Lauren	FEMALE	
Individual Entry	Barnes, Colin	MALE	Leigh-On-Sea Striders
Individual Entry	Saunders, Matt	MALE	Felixstowe RRC
Individual Entry	SMITH, PETER	MALE	
Individual Entry	Frost, Ben	MALE	Springfield Striders
Individual Entry	Ellen, Hayley	FEMALE	
Individual Entry	Conway, Andrew	MALE	Tiptree Road Runners
Individual Entry	Osborne, Paul	MALE	Felixstowe Road Runners
Individual Entry	Fenn, Simon	MALE	Hadleigh hares
Individual Entry	Di Cesare, Giulia	FEMALE	Michelle's Running Group
Individual Entry	Taylor, Jason	MALE	Felixstowe Road Runners
Individual Entry	Gillings, Courtney	FEMALE	
Individual Entry	Hunt, Vicky	FEMALE	Witham Running Club
Individual Entry	Hunt, David	MALE	Witham Running Club
Individual Entry	Cullum, Garry	MALE	Ipswich Jaffa RC
Individual Entry	Laking, Amber	FEMALE	Girls Go Running
Individual Entry	Walsh, Gary	MALE	Leigh on Sea Striders
Individual Entry	Wallis, Caz	FEMALE	Pitsea RC
Individual Entry	Wallis, Paul	MALE	Pitsea RC
Individual Entry	Baynes, Nikki	FEMALE	leigh on sea striders
Individual Entry	Taylor, Heidi	FEMALE	
Individual Entry	King, Justin	MALE	Southend A C
Individual Entry	Hood, Ashley	MALE	Halstead Road Runners
Individual Entry	Neill, Jamie	MALE	great bentley rc
Individual Entry	black, steve	MALE	great bentley
Individual Entry	Herbert, Anne	FEMALE	Harwich runners
Individual Entry	Clifford, Alison	FEMALE	Havering 90 Joggers
Individual Entry	Mason, David	MALE	Springfield Strders
Individual Entry	Hurst, Guy	MALE	Flyers Southend
Individual Entry	Broughton, Kim	FEMALE	Tiptree road runners
Individual Entry	Turner, Paul	MALE	
Individual Entry	Hember, Stacy	FEMALE	Tiptree Road Runners
Individual Entry	Dare, Owen	MALE	Dare
Individual Entry	Butler, Dawn	FEMALE	
Individual Entry	Lambert, Edward	MALE	South London Harriers
Individual Entry	Hall, Alison	FEMALE	Leigh on sea striders
Individual Entry	Houghton, Steve	MALE	Dengie 100 Runners
Individual Entry	Pitman, Gary	MALE	City of London Ravens
Individual Entry	McClay, Leilah	FEMALE	Leigh on Sea Striders
Individual Entry	Lindsay, Alex	MALE	
Individual Entry	Horsley, Alison	FEMALE	Benfleet Running Club
Individual Entry	Foley, Sue	FEMALE	JME
Individual Entry	taylor, paul	MALE	Jogging Made Easy
Individual Entry	Hendry, Jade	FEMALE	
Individual Entry	Robinson, Tom	MALE	Ben fleet
Individual Entry	McLaren, Susannah	FEMALE	East London Runners
Individual Entry	Jarvis, Trish	FEMALE	Jogging Made Easy
Individual Entry	Axford, Chris	MALE	Jogging Made Easy
Individual Entry	Willsmore, Mel	FEMALE	Jogging Made Easy
Individual Entry	Donovan, Leanne	FEMALE	JME

Individual Entry	Bazley, Bernard	MALE	
Individual Entry	Harrington, Danielle	FEMALE	Tiptree Road Runners
Individual Entry	Elms, Charlotte	FEMALE	Witham Running Club
Individual Entry	BARBER, ROBERT	MALE	
Individual Entry	Evans, Michelle	FEMALE	Rochford Running Club
Individual Entry	Gilfillan, Helen	FEMALE	MRG
Individual Entry	francis, john	MALE	Harwich runners
Individual Entry	Limburn, Keith	MALE	Leigh-on-Sea Striders
Individual Entry	Walsh, Claire	FEMALE	
Individual Entry	Howson, Mark	MALE	
Individual Entry	pettitt, lisa	FEMALE	
Individual Entry	Nichols, James	MALE	East London Runners
Individual Entry	mackay, david	MALE	
Individual Entry	Fatt, Hannah	FEMALE	
Individual Entry	Long, Kate	FEMALE	Felixstowe Road Runners
Individual Entry	Henderson, Ross	MALE	
Individual Entry	Stone, Roger	MALE	Felixstowe road runners
Individual Entry	Mayes, David	MALE	Felixstowe road runners
Individual Entry	Reade, Alan	MALE	
Individual Entry	Champion, Tim	MALE	Champion
Individual Entry	Smith, Lisa	FEMALE	Orion harriers
Individual Entry	Brenton, Scott	MALE	Flyers Southend
Individual Entry	McGoldrick, Liz	FEMALE	
Individual Entry	HASKEY-JONES, JAMES	MALE	Tiptree Road Runners
Individual Entry	Ford, Mark	MALE	Felixstowe RRC
Individual Entry	SKINNER, DAVID	MALE	HAVERING 90 JOGGERS
Individual Entry	Wheldon, Andrew	MALE	Thrift Green Trotters
Individual Entry	Howland, Chris	MALE	Felixstowe Road Runners
Individual Entry	Shaw, Steve	MALE	
Individual Entry	Russell, Tracy	FEMALE	Tiptoe Road Runners
Individual Entry	Hodges, Jack	MALE	Benfleet
Individual Entry	REEVE, GLEN	MALE	TIPTREE ROAD RUNNERS
Individual Entry	Wake, Tom	MALE	Ipswich JAFFA Running Club
Individual Entry	Greenwold, Gerry	MALE	Witham Running Club
Individual Entry	Skene, Karen	FEMALE	great Bentley running club
Individual Entry	Rawlings, Emily	FEMALE	
Individual Entry	Gunning, Thomas	MALE	Springfield Striders
Individual Entry	Leigh, Nikki	FEMALE	Benfleet
Individual Entry	Bygrave, Mark	MALE	
Individual Entry	Aldis, Danny	MALE	
Individual Entry	Hart, Louise	FEMALE	Dengie 100
Individual Entry	Hart, Thomas	MALE	
Individual Entry	Grimes, Thomas	MALE	East London Runners
Individual Entry	Moughton, Mark	MALE	Springfield Striders
Individual Entry	Chandler, David	MALE	
Individual Entry	Cornforth, Samuel	MALE	Springfield Striders
Individual Entry	Koutsoukos, Michail	MALE	
Individual Entry	Harper, Phil	MALE	Springfield striders
Individual Entry	Chandler, Chris	MALE	
Individual Entry	Hollands, Kelly	FEMALE	Benfleet Running Club
Individual Entry	Anderson, Anna	FEMALE	Harwich Runners
Individual Entry	Bowerman, Nicola	FEMALE	Ampthill & Flitwick Flyers
Individual Entry	Cohen, Steffan	MALE	Leigh on sea striders

Individual Entry	Storrar, Zoe	FEMALE	Leigh-on-sea striders
Individual Entry	Randall, Duane	MALE	
Individual Entry	Day, Ryan	MALE	Great Bentley
Individual Entry	Cochrane, Laurie	FEMALE	
Individual Entry	St Leger, Graeme	MALE	Springfield Striders
Individual Entry	Stretton, Jackie	FEMALE	Springfield striders
Individual Entry	Allen, Stuart	MALE	Have ring 90 joggers
Individual Entry	Blerkom, Phil	MALE	East Essex Tri Club
Individual Entry	Dudley, Dennis	MALE	Benfleet Rc
Individual Entry	Hollands, Ross	MALE	Benfleet Running Club
Individual Entry	Romano, Leanna	FEMALE	H90j
Individual Entry	horrocks, justin	MALE	Springfield Striders
Individual Entry	Harrington, Pip	FEMALE	Thrift Green Trotters
Individual Entry	Oliver, Abigail Lois	FEMALE	
Individual Entry	Terry, Celia	FEMALE	Dengie 100 Runners
Individual Entry	Smith, Dean	MALE	
Individual Entry	Henry, Michael	MALE	Thrift Green Trotters
Individual Entry	McVelia, John	MALE	Tiptree Road Runners
Individual Entry	Smith, Suzy	FEMALE	Thriftgreen trotters
Individual Entry	Sandhu, Rakesh	MALE	Barking Road Runners
Individual Entry	Scott, Sophie	FEMALE	Harwich Runners
Individual Entry	Kelly, Caroline	FEMALE	London City Atheltic club
Individual Entry	Gilbert, Bex	FEMALE	Felixstowe Road Runners
Individual Entry	Panter, Nikki	FEMALE	Benfleet Running Club
Individual Entry	Greensides, Mark	MALE	Michelle's Running Group
Individual Entry	Burles, Kerry	FEMALE	Hockley Trail Runners
Individual Entry	Fitzsimons, Danny	MALE	Orion Harriers
Individual Entry	Warren, Jon	MALE	Havering 90 Joggers
Individual Entry	Jayne, Natasha	FEMALE	
Individual Entry	marks, nichola	FEMALE	
Individual Entry	Newbery, Gemma	FEMALE	
Individual Entry	Harris, Steve	MALE	
Individual Entry	Perry, Caroline	FEMALE	Jaffa
Individual Entry	Chapman, Mark	MALE	
Individual Entry	Beighton, Liz	FEMALE	Felixstowe road runners
Individual Entry	Elliott, Alex	MALE	
Individual Entry	Ryan, Daniel	MALE	H90
Individual Entry	Whelan, Jo	FEMALE	Felixstowe
Individual Entry	Payne, Christopher	MALE	Harwich Runners
Individual Entry	Summerfield, Ken	MALE	Barking Road Runners
Individual Entry	MILES, JONNY	MALE	Felixstowe RRC
Individual Entry	Ryan, Tom	MALE	
Individual Entry	Wake, Pip	FEMALE	Ipswich JAFFA Running Club
Individual Entry	Spelman, Peter	MALE	
Individual Entry	Ellis, Stewart	MALE	Halstead rd runners
Individual Entry	Catley, Neil	MALE	Felixstowe Road Runners
Individual Entry	Birrell, Mark	MALE	Havering Tri club
Individual Entry	Harding, Christina	FEMALE	Michelle's running group
Individual Entry	McFarlane, Sean	MALE	Flyers Southend
Individual Entry	Perrin, Julie	FEMALE	JBR run and Tri club
Individual Entry	Gillingham, Neil	MALE	Ipswich Harriers
Individual Entry	Sutton, Darren	MALE	Spingfield striders
Individual Entry	O'Donoghue, Harry	MALE	

Individual Entry	Vidal, Nuno	MALE	Jogging Made Easy
Individual Entry	Lee, Christopher	MALE	
Individual Entry	wadley-smith, victoria	FEMALE	Rochford running club
Individual Entry	Brooks, Chris	MALE	None
Individual Entry	Knight, Dave	MALE	East London Runners
Individual Entry	Hall, Shelley	FEMALE	Benfleet
Individual Entry	jacobs, ben	MALE	felixstowe road runners
Individual Entry	Shah, Ashwin	MALE	Grange Farm dunmow
Individual Entry	Wiseman, Pete	MALE	
Individual Entry	Lurkins, Jim	MALE	Grange Farm and Dunmow Runners
Individual Entry	Cowan, Mark	MALE	Benfleet RC
Individual Entry	Block, Clair	FEMALE	Harwich Runners
Individual Entry	Smith, Mark	MALE	Grange Farm dunmow runners
Individual Entry	Ramsay, Brady	FEMALE	Grange farm & Dunmow runners
Individual Entry	Steele, Charlotte	FEMALE	Tiptree road runners
Individual Entry	Charman, Danielle	FEMALE	Havering 90 joggers
Individual Entry	Colman, Lindsey	FEMALE	Southend AC
Individual Entry	Yates, Lee	MALE	
Individual Entry	Wiltshire, Melanie	FEMALE	Havering '90 Joggers
Individual Entry	Ennis, Andrew	MALE	Havering 90 joggers
Individual Entry	Simon Levy	Male	Ryston Runners AC
Individual Entry	Jeremy Navrady	Male	Ryston Runners AC
Individual Entry	Geoff White	Male	Unaffiliated
Individual Entry	Mike Pocock	Male	Reigate Priory AC
Individual Entry	Sharon Willets	Female	Capel Cheetahs
Individual Entry	Bernard Scanlon	Male	Unaffiliated
Individual Entry	Jane Scanlon	Female	New Eltham Joggers
Individual Entry	Cathy Ulliott	Female	Brighton and Hove AC
Individual Entry	Tom Ulliott	Male	Brighton and Hove AC
Individual Entry	Jodie Kelly	Female	Flitwick Flyers
Individual Entry	Faye Beechener	Female	Unaffiliated
Individual Entry	Luke Ashmore	Male	Unaffiliated