

Overall	Name	Club/Team	Time	
11/3/19	1	Leon Wheeler	Thurrock Harriers	34.17
	14	Hayley Lamkin	Southend on Sea AC	38.42
	12	Aaron Gosling	Castle Point Joggers	38.37
	31	Richard Bonham	Castle Point Joggers	40.25
	203	Justin Macal	Castle Point Joggers	49.58
	329	Barry Groom	Castle Point Joggers	55.22
	612	Joanne Groom	Castle Point Joggers	1:20.01
	620	Lisa Gaskin	Havering 90 Joggers	1:30.07
2018	1	Paul Whittaker	Road Runners Club	32.42
	13	Megan Evans	Chelmsford AC	38.19
	22	Richard Bonham	Castle Point Joggers	39.50
	218	Ian Hart	Castle Point Joggers	49.56
	218	Kairen Hart	Castle Point Joggers	55.30
	592	Lucy Bessant	n/a	1:25.15
2017	1	Paul Whittaker	Road Runners Club	32.14
	12	Alexa Joel	Chelmsford AC	37.52
	40	Richard Bonham	Castle Point Joggers	40.51
	104	Paul Franklin	Castle Point Joggers	45.31
	114	Martin England	Castle Point Joggers	46.09
	372	Tina Victory	Castle Point Joggers	57.15
	588	Sandra Stamp	Flyers Southend	1:28.05
2016	1	Ryan Prout	Chelmsford AC	32:42
	39	Lindsey Colman	Southend On Sea AC	40:04
	36	Richard Bonham	Castle Point Joggers	39:53
	99	Martin England	Castle Point Joggers	44:41
	142	Paul Franklin	Castle Point Joggers	46:24
	272	Mike Hayward	Castle Point Joggers	51:47
	349	Katie Adcock	Castle Point Joggers	54:58 (PB)
	356	Tina Victory	Castle Point Joggers	55:18
	460	Albert Miles	Castle Point Joggers	1:01:12
	568	Jayne Hayward	Castle Point Joggers	1:11:50
	570	Tracy Bliss	Castle Point Joggers	1:11:50
587	Lynne Woolward	Up Joggers	1:17:54	
2015	1	Paul Whittaker	Southend On Sea AC	30:31
	45	Rebecca Davidson	Grange Farm & Dunmow Runners	40:29
	65	Martin England		41:59
	99	Simon Evans		44:34
	136	Paul Franklin	Castle Point Joggers	46:41
	277	Tina Victory		53:52
	465	Albert Miles	Castle Point Joggers	1:02:26

	567	Rebecca Ives		1:31:27
2014	1	Paul Whittaker	Southend On Sea AC	31:17
	51	Anita Cox		42:04
	56	Richard Bonham	Castle Point Joggers	42:17
	85	James Beddow	Castle Point Joggers	44:16
	102	Simon Evans		45:09
	110	Cliff King	Castle Point Joggers	45:32
	114	Raymond Selwyn	Castle Point Joggers	45:36
	130	John Sweeney	Castle Point Joggers	46:20
	135	Paul Franklin	Castle Point Joggers	46:28
	197	Mark Armitage	Castle Point Joggers	48:24
	223	Danny Brady	Castle Point Joggers	49:29
	234	Mike Hayward	Castle Point Joggers	49:54
	295	Colin Dunn	Flyers Southend	52:25
	332	Tina Victory		54:23
	463	Jo Hamilton	Castle Point Joggers	1:00:47
	477	Jayne Hayward	Castle Point Joggers	1:02:11
489	Tracy Bliss	East Essex Triathlon Club	1:03:31	
499	Malcolm Jackaman	Castle Point Joggers	1:04:16	
554	Sarah Jackaman	Castle Point Joggers	1:12:46	
575	Glenn Burton	Pitsea RC	1:29:01	
2013	1	Sebastian Cirillo		34:59
	14	Kerry Holland	Southend AC	37:00
	61	Martin England		41:55
	123	Simon Evans		44:48
	211	Mel Brady	Castle Point Joggers	48:33
	265	Jo Fitsall	Castle Point Joggers	50:20
	271	Jo Hamilton	Castle Point Joggers	50:33
	314	Mark Armitage	Castle Point Joggers	52:07
	396	Tina Victory		55:22
	429	Tracy Bliss	East Essex Triathlon Club	56:26
	440	Anne Howe	Castle Point Joggers	57:13
593	Amy Kingston	Dagenham 88 Runners	1:24:20	
2012	1	Shaun Collins		32:29.0
	9	Sarah Stradling		37:29.3
	29	Richard Bonham	Castle Point Joggers	39:48.2
	35	Rick Goldsmith	Castle Point Joggers	40:26.9
	145	Martin England		46:13.4
	180	Lisa Rieffel	Castle Point Joggers	47:41.0
	190	Simon Evans		47:58.6
	191	Rick Wade		47:58.6
	247	John Reynolds	Castle Point Joggers	49:56.4
	356	Mark Armitage	Castle Point Joggers	54:39.6
	358	Tina Victory		54:48.0
	446	Albert Miles	Castle Point Joggers	58:41.2

	495	Tracy Bliss	East Essex Tri	1:01:07.7
	562	Claire Woods		1:16:08.8
2011	1	LAW, Andrew	Basildon AC	34:16.0
	28	COX, Anita	Grange Farm & D	38:28.2
	40	BONHAM, Richard	Castle Point Joggers	39:40.3
	262	REYNOLDS, John	Castle Point Joggers	49:16.8
	264	RIEFFEL, Lisa	Castle Point Joggers	49:31.4
	267	GOLDSMITH, Rick	Castle Point Joggers	49:32.7
	331	WATERS, Patrick	Castle Point Joggers	51:14.3
	345	ARMITAGE, Mark	Castle Point Joggers	51:45.1
	370	KENDRICK, Alastair	Castle Point Joggers	52:25.5
	487	MILES, Albert	Castle Point Joggers	56:39.4
	499	JOHNS, Victoria	Castle Point Joggers	57:12.3
	500	RICKARD, John	Castle Point Joggers	57:12.7
	655	BALL, Steven	Ely Tri Club	1:24:41.1
2010	1	WEBB, Grant	Basildon AC	0:33:25
	32	PEGG, Hayley	Chelmsford AC	0:39:28
	17	BONHAM, Richard	Castle Point Joggers	0:38:10
	26	OSBORNE, Peter	Castle Point Joggers	0:38:55
	121	RIEFFEL, Lisa	Castle Point Joggers	0:44:35
	378	JONES, Graham	Castle Point Joggers	0:53:40
	382	WATERS, Patrick	Castle Point Joggers	0:53:47
	423	MILES, Albert	Castle Point Joggers	0:55:26
	616	MOLNAR, Judit	Unattached	1:16:39
2009	1	BERG, Craig	Woodford Green & Essex Ladies	0:33:22
	26	SOLLARS, Loretta	East Essex Tri	0:38:56
	32	JACKAMAN, Paul	Castle Point Joggers	0:39:49
	42	BONHAM, Richard	Castle Point Joggers	0:40:42
	161	JACKAMAN, Malcolm	Castle Point Joggers	0:47:33
	197	CAMMIDGE, Chris	Castle Point Joggers	0:48:58
	219	TATCHELL, Paul	Castle Point Joggers	0:49:37
	335	CAMMIDGE, Kate	Castle Point Joggers	0:53:53
	387	MILES, Albert	Castle Point Joggers	0:56:17
	423	JONES, Roy	Castle Point Joggers	0:58:30
590	READ, Rob	Help 4 Heros	1:22:50	
2008	1	HICKEY, Adam	Southend AC	0:31:29
	23	RANSON, Tracey	Springfield Striders	0:37:29
	239	MCCULLAGH, Nick	Castle Point Joggers	0:49:21
	241	LOWRY, Paul	Castle Point Joggers	0:49:28
	253	RICKARD, John	Castle Point Joggers	0:49:46
	325	WATERS, Patrick	Castle Point Joggers	0:51:57
	545	CHAPLIN, Robert	Castle Point Joggers	1:01:38
644	GRIGGS, Lyn	Unattached	1:24:44	

2007	1	POWELL, Simon	Woodford Green & Essex Ladies	0:31:50
	17	PHILP, Katherine	Garden City Runners	0:37:42
	35	BONHAM, Richard	Castle Point Joggers	0:39:25
	42	OSBORNE, Peter	Castle Point Joggers	0:40:05
	108	BARTRAM, Ian	Castle Point Joggers	0:44:12
	242	DENNIS, Tony	Castle Point Joggers	0:49:38
	296	ALASTAIR, Kendrick	Castle Point Joggers	0:51:44
	346	JACKAMAN, Malcolm	Castle Point Joggers	0:53:31
	407	RICKARD, John	Castle Point Joggers	0:56:21
	576	STRINGER, Claire	Unattached	1:47:45

first male						
first female						
1st in category						
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	2019	2018	2017	2016	2015	2014	2013
Richard Bonham	40.25	39.50	40.51	39:53	x	42.17	x
Paul Franklin	x	x	45.31	46.24	46.41	46.28	x
Martin England	x	x	46.09	44.41	41.59	x	41.55
Tina Victory	x	x	57.15	55.18	53.52	54.23	55.22

2012	2011	2010	2009	2008	2007
39.48	39.40	38.10	40.42	x	39.25
x	x	x	x	x	x
46.13	x	x	x	x	x
54.48	x	x	x	x	x