

Junior Girls

Name	School	District	position	time	Team	
Sophie Riches	FitzWimarc	Castle Point and Rochford	1	12.33	1	Southend 75pts
GeorgiaTuckfield	Walthamstow Academy	Waltham Forest	2	12.52	2	Mid-Essex 101
Maisie Jones	FitzWimarc	Castle Point and Rochford	3	12.55	3	Havering 136
Lydia Hallam	CCC	Havering	4	13.20.	4	West Essex 185
Katy Solis	St John Payne	Mid-essex	5	13.23.	5	CPR 194
Emily Bullis	Eastwood	Southend	6	13.43	6	Waltham Forest 252
Chloe Williams	Greensward	Castle Point and Rochford	7	13.51	7	Basildon 265
Francesca Smith	CCC	Havering	8	15.52	8	NW Essex 295
Gemma Holloway	William Edwards	Thurrock	9	13.56	9	Thurrock 320
Olivia Tidd	SHSG	Southend	10	13.56	10	Redbridge 325
Amelia Barrett		West Essex	11	13.56	11	NE Essex 220(5)
Natasha Fisher	Williem De Ferris	Mid-essex	12	13.59	12	Barking and Dagenham 122(3)
Sarah Imbush	St Hildas	Southend	13	14.02		
Emma Jarvis	SHSG	Southend	14	14.03		
Poppy Artmarri	WHSG	Southend	15	14.04		
Rebecca Wade	Williem De Ferris	Mid-essex	16	14.17		
S.Crofts	WHSG	Southend	17	14.28		
Lynsay McLachlan	Emerson Park	Havering	18	14.34		
Jessica Swain-Johnson	New Hall	Mid-essex	19	14.37		
Jessica Lambert		West Essex	20	14.37		
Isobel Moss		West Essex	21	14.40.		
Nicola Judge	Billericay	Basildon	22	14.47		
Rebecca Passmore	Hylands	Mid-essex	23	14.55		
Eleanor Sheridan	St Edwards	Havering	24	14.57		
Samantha Ragus	The Ramsey	NW Essex	25	14.59		
Emily Bulleid	St John Payne	Mid-essex	26	15.01		
Avril Loynes	Jo Richardson	Barking and Dagenham	27	15.08		
M. Arshaad	SHSG	Southend	28	15.12		
Courtney Barclay-Levi	Woodlands	Basildon	29	15.19		
Molly Huggins	Philip Morant	NE Essex	30	15.21		
G.Holdaway	Shoebury	Southend	31	15.24		
G.Mattese	Forest	Waltham Forest	32	15.28		
Gabbie Mahal	Robert Clack	Barking and Dagenham	33	15.30.		
Hanna Banks	CCHS	NE Essex	34	15.35		
Elen Gillespie		West Essex	35	15.39		
		Redbridge	36	15.47		
		Redbridge	37	15.50.		
Rachel Corcking	John Payne	Mid-essex	38	15.56		
Kate Mann	CCHS	NE Essex	39	16.04		
Rosie Brett	Redden Court	Havering	40	16.07		
Daisy Soloman	New Rickstones Academy	NW Essex	41	16.10.		
Bethany Chambers	CCC	Havering	42	16.15		
Kirsty Ronald	Tabor	NW Essex	43	16.17		
Hannah Bloy	CCC	Havering	44	16.20.		
		Redbridge	45	16.23		
Mikeala	Mayflower	Basildon	46	16.28		
Anna Clarke		West Essex	47	16.30.		
Charlotte Head	St Marys	NE Essex	48	16.36		
L.Hayes	Forest	Waltham Forest	49	16.43		
J.Gidney	Forest	Waltham Forest	50	16.45		
Chloe Ward		West Essex	51	16.53		
Melissa Knighton	King John	Castle Point and Rochford	52	16.55		
Lydia Ward	Mayflower	Basildon	53	16.58		
Lucy Ward	Billericay	Basildon	54	17.14		
Sarah Landy	William Edwards	Thurrock	55	17.16		
S.Blake	Chingford	Waltham Forest	56	17.21		
Ruby Featherstone	Helena Romanes	NW Essex	57	17.23		
Courtney Fraser	William Edwards	Thurrock	58	17.24		
Isabelle Hetherington	Gable Hall	Thurrock	59	17.27		
Rhianna Bird	Sweyne	Castle Point and Rochford	60	17.35		
Abbie Alexander	JHHS	Basildon	61	17.35		
Thomas Emmerald	Jo Richardson	Barking and Dagenham	62	17.56		
H.Rodericks	Forest	Waltham Forest	63	18.23		
Chloe Cockell	Tabor	NW Essex	64	18.26		
Jennifer Baldock	Notley	NW Essex	65	18.34		
		Redbridge	66	19.43		
Ruby Winchester	William Edwards	Thurrock	67	19.44		
Charlotte Kew	St Helena	NE Essex	68			
Olivia Strandas	Helena Romanes	NW Essex	69			
Paige Kemp	King John	Castle Point and Rochford	70			
Lauren Landy	William Edwards	Thurrock	71			
		Redbridge	72			
Megan Neaves	Gable Hall	Thurrock	73			
G.Gowdi	Chingford	Waltham Forest	74			
katrina parrish	brampton	Newham	75			
nova bapedi	kingsford	Newham	76			

## Inter Boys

Number	Name	School	District	Position	Time	Team	
74	Sam Brown	Eastwood	Southend	1	19.12	1 Southend	49pts
73	Alex Short	SHSB	Southend	2	19.17	2 Mid-Essex	109
9	Andy Law	Billericay	Basildon	3	19.30.	3 Thurrock	174
76	Oliver Kyriakedes	SHSB	Southend	4	19.36	4 Havering	187
66	Tommy Bower	Wanstead	Redbridge	5	19.38	5 CPR	208
34	Sam Robinson	Gt Baddow	Mid-essex	6	19.39	6 Basildon	214
75	Jack Fittall	SHSB	Southend	7	19.40.	7 Waltham Forest	299
67	James Stockings	Bancrofts	Redbridge	8	19.44	8 West Essex	331
65	Liam Blaikee	Trinity	Redbridge	9	19.53	9 NE Essex	211(5)
35	Chris Youell	Moulsham	Mid-essex	10	19.55	10 Redbridge	68(4)
81	Darryl Worbey	St Cleres	Thurrock	11	19.57	11 Barking and Dagenham	127(2)
57	James Cochrane	Friends Saffron Walden	NW Essex	12	20.05		
95	Yasir Sheikh	Chingford	Waltham Forest	13	20.06		
82	Tom Richardson	St Cleres	Thurrock	14	20.15		
17	Charlie Tidy	Castle View	Castle Point and Rochford	15	20.22		
18	Rhys Gillard	Deanes	Castle Point and Rochford	16	20.23		
77	Jon Kerridge	SHSB	Southend	17	20.29		
78	Luke Oliver	Eastwood	Southend	18	20.32		
33	Stephen Woodford	Brentwood	Mid-essex	19	20.36		
39	Steven Strange	Moulsham	Mid-essex	20	20.37		
83	Dennis Cross	William Edwards	Thurrock	21	20.43		
26	Ryan O'Mahoney	Campion	Havering	22	20.46		
25	Adam Edwards	Albany	Havering	23	20.49		
28	George Wickings	Marshalls Park	Havering	24	20.53		
36	Adam Crook	Hylands	Mid-essex	25	20.59		
40	Steve Adcock	Chelmer Valley	Mid-essex	26	21.00.		
13	Ryan Herson	Beauchamps	Basildon	27	21.03		
79	Josh Rees	SHSB	Southend	28	21.06		
19	Oliver Herd	FitzWimarc	Castle Point and Rochford	29	21.23		
52	Joseph Gibbon	Philip Morant	NE Essex	30	21.25		
10	Alex Tyldesley	Billericay	Basildon	31	21.27		
80	Alex Masterson	SHSB	Southend	32	21.29		
30	Craig Lock	Emerson park	Havering	33	21.32		
84	James Vaughan	William Edwards	Thurrock	34	21.32		
12	Daniel Barford	Academy	Basildon	35	21.34		
38	Tinashe Miutero	Hylands	Mid-essex	36	21.43		
29	Josh Connors	Hall Mead	Havering	37	21.46		
58	Ed Foy	Alec Hunter	NW Essex	38	21.50.		
101	Sam Benge		West Essex	39	21.53		
54	Callum Martin	Philip Morant	NE Essex	40	22.01		
97	Ryan Dunne		West Essex	41	22.01		
86	Ben Glasgow	William Edwards	Thurrock	42	22.03		
21	Jake McGrath	FitzWimarc	Castle Point and Rochford	43	22.09		
89	C.Sear	Chingford	Waltham Forest	44	22.11		
50	Tom Gifford	CRGS	NE Essex	45	22.28		
68	J Watts	Wanstead	Redbridge	46	22.30.		
20	Myron Hamilton	FitzWimarc	Castle Point and Rochford	47	22.32		
27	Massi Dendani	Gaynes	Havering	48	22.44		
63	Josh Chitlock	Honeywood	NW Essex	49	22.56		
32	Daniel Lamb	Campion	Havering	50	23.00.		
88	Tom Wood	Chafford Hundred	Thurrock	51	23.04		
51	Nick Elliot	CHS	NE Essex	52	23.14		
31	James Marigold	CCC	Havering	53	23.23		
49	Michael Porter	Gilberd	NE Essex	54	23.26		
11	Glen Longman	Beauchamps	Basildon	55	23.26		
90	A.Gordon	Chingford	Waltham Forest	56	23.59		
100	Daniel Aves		West Essex	57	24.06		
98	Matthew Ground		West Essex	58	24.11		
23	John Bushell	Appleton	Castle Point and Rochford	59	24.22		
93	R.Brown	Frederick Bremer	Waltham Forest	60	24.39		
2	Adam Wilemoun	Eastbury	Barking and Dagenham	61	24.4		
92	H.Williams	Chingford	Waltham Forest	62	25.01		
16	Joe Wennel	Beauchamps	Basildon	63	25.16		
91	.Skerritt	Forest	Waltham Forest	64	25.27		
64	Matt Elwood	Helena Romanes	NW Essex	65	25.34		
3	Billy Herring	Eastbury	Barking and Dagenham	66	26.04		
103	Elliot Smith		West Essex	67	26.09		
37	Jake Wiggen	Moulsham	Mid-essex	68	26.23		
104	George Thomas		West Essex	69	26.41		

## Junior Boys

Name	School	District	Position	Time	Team	
Nicholas Shade	CCC	Havering	1	17.07	1 CPR	104pts
Josh Mann	Shoebury	Southend	2	17.10.	2 Southend	113
Lawerence Riches	Stanway	NE Essex	3	17.12	3 NE Essex	117
Rob Frith	Eastwood	Southend	4	17.12	4 Havering	138
James T Hall	King John	Castle Point and Rochford	5	17.20.	5 Mid Essex	142
Calum Charleston	Moulsham	Mid-essex	6	17.26	6 Thurrock	199
Joe Alexander	Colne	NE Essex	7	17.28	7 Redbridge	234
George Hoy	Wanstead	Redbridge	8	17.29	8 Basildon	249
Tom Watson	Greensward	Castle Point and Rochford	9	17.33	9 Waltham Forest	354
Reis Pinnock	Mayflower	Basildon	10	17.40.	10 NW Essex	181(4)
Ben Franklin	King John	Castle Point and Rochford	11	17.41	11 Barking and Dagenham	86(2)
Jordan Purkiss	William Edwards	Thurrock	12	17.52	12 West Essex	120(2)
Freddie Keefe	CCC	Havering	13	17.54		
Darren Blackwell	Shenfield	Mid-essex	14	17.56		
Garrett Kelly	All Saints	Barking and Dagenham	15	17.59		
Ben Mathews	Shenfield	Mid-essex	16	18.02		
Tate Baron	FitzWimarc	Castle Point and Rochford	17	18.09		
Rob Clarke	Philip Morant	NE Essex	18	18.15		
C. Pastfield	SHSB	Southend	19	18.18		
Lee Aldridge	Emerson Park	Havering	20	18.23		
C. Thorpe	CJ	Southend	21	18.32		
Peter Bowen	FitzWimarc	Castle Point and Rochford	22	18.35		
J Fodder	Wanstead	Redbridge	23	18.39		
J. Nadin	Eastwood	Southend	24	18.40.		
Nick Duffey	CCC	Havering	25	18.44		
Patrick Jasper	Colchester High	NE Essex	26	18.47		
James Thompson	Honeywood	NW Essex	27	18.48		
Declan Rydings	St. Cleres	Thurrock	28	18.49		
Josh Croft	Beauchamps	Basildon	29	18.55		
Lewis Moore	William Edwards	Thurrock	30	18.56		
Jim Vickers	St Benedicts	NE Essex	31	18.58		
Will Deasy	St Benedicts	NE Essex	32	18.59		
Matt Johnson	St John Payne	Mid-essex	33	19.00.		
Will Claydon	Gt Baddow	Mid-essex	34	19.04		
Alex Iwobi	Campion	Havering	35	19.05		
Daniel Landy	William Edwards	Thurrock	36	19.06		
Haroon N	Hainault	Redbridge	37	19.13		
Kevin Wright	Seven Kings	Redbridge	38	19.16		
Ben Howard	St John Payne	Mid-essex	39	19.18		
Daniel Gevaux	FitzWimarc	Castle Point and Rochford	40	19.21		
Jonathan Burton	DLS	Basildon	41	19.22		
C.Lainsby	Chingford	Waltham Forest	42	19.23		
S. Hancock	Chase	Southend	43	19.24		
Jedd Rimmel	CCC	Havering	44	19.27		
Ellis Stevens	Chafford Hundred	Thurrock	45	19.29		
Olly Sotoyinbo	Gable Hall	Thurrock	46	19.33		
Allan Villalaso	Beauchamps	Basildon	47	19.35		
Jack Holiday	Tabor	NW Essex	48	19.36		
Warren Gibson	Gateway Academy	Thurrock	49	19.37		
Tom Gibson	Tabor	NW Essex	50	19.44		
.Ellis	Forest	Waltham Forest	51	19.44		
J.Cookson	Lammas	Waltham Forest	52	19.45		
Henri Okosi	Moulsham	Mid-essex	53	19.47		
James Dalton	Greensward	Castle Point and Rochford	54	19.48		
Matt Whitley	St John Payne	Mid-essex	55	19.49		
Loue Lee Allen	Honeywood	NW Essex	56	19.50.		
Harry Ledlows	Mayflower	Basildon	57	19.55		
Ben Magennis	Brittons	Havering	58	20.00.		
Perry Rowan		West Essex	59	20.02		
Steven Davies	Ormiston Park	Thurrock	60	20.20.		
Jack Chapman		West Essex	61	20.34		
Thomas King	Seven Kings	Redbridge	62	20.54		
B. Drake	Easwtood	Southend	63	21.25		
Callum Edwards	FitzWimarc	Castle Point and Rochford	64	21.33		
M.Biral	Woodlands	Basildon	65	21.39		
Jakir H	Hainault	Redbridge	66	22.06		
F.Bapikee	Frederick Bremer	Waltham Forest	67	22.09		
tomi alade	st.bons	Newham	68	22.40.		
lewis xavier johnson	st.bons	Newham	69	22.44		
F.Lane	Chingford	Waltham Forest	70	23.20.		
Paul Rosen	Eastbury	Barking and Dagenham	71	23.23		
Z.Hussain	Frederick Bremer	Waltham Forest	72	23.37		

## Inter Girls

Name	School	District	Position	Time	Team	
Jessica Judd	Castle View	Castle Point and Rochford	1	17.22	1 Mid-Essex	99pts
Hannah McGowen-Jones	SEEVIC	Castle Point and Rochford	2	18.24	2 CPR	135
Rebecca O'Neil	Brentwood	Mid-essex	3	18.25	3 Southend	140
Amy Garnett	SHSG	Southend	4	18.28	4 Havering	171
Eleanor Johnson	King John	Castle Point and Rochford	5	18.36	5 Basildon	242
Sam Redgrave	TTC	NE Essex	6	18.38	6 Redbridge	312
Lauren MacGregor	Rushcroft	Waltham Forest	7	18.53	7 NE Essex	141(5)
Bethany Hall	St Edwards	Havering	8	19.02	8 NW Essex	200(5)
Emily Ballard	Billericay	Basildon	9	19.05	9 Thurrock	259(5)
Sophie Johnson	Gt Baddow	Mid-essex	10	19.08	10 Waltham Forest	65(4)
Chloe Beckett	Alec Hunter	NW Essex	11	19.17	11 Barking and Dagenham	193(4)
Jay Andrews	Heathcote	Waltham Forest	12	19.26	12 West Essex	85(3)
Armarni Antoine-Chagar	Anglo European	Mid-essex	13	19.33		
Jordan Lacey	Shoebury	Southend	14	19.46		
Rebecca Stanley	Brittons	Havering	15	19.49		
Rachael Sadler	Eastbrook	Barking and Dagenham	16	20.04		
R.Stark	WHSG	Southend	17	20.04		
Harriet Langley	Helena Romanes	NW Essex	18	20.09		
Kim Johansen	Chelmer Valley	Mid-essex	19	20.19		
C.Mathams	Chingford	Waltham Forest	20	20.22		
Heather Rodwell	Colne	NE Essex	21	20.36		
Annabelle Abbott	Stanway	NE Essex	22	20.45		
Amy Doyle		West Essex	23	20.51		
Holly Bedeau		West Essex	24	20.51		
Evie Collier	Penial Academy	Mid-essex	25	20.59		
C.Higgins	Chingford	Waltham Forest	26	21.02		
C.Smee	ST H'S	Southend	27	21.07		
D.Durden	SHSG	Southend	28	21.13		
Laura Swords	Brentwood Ursuline	Mid-essex	29	21.13		
Rebecca Willis	Billericay	Basildon	30	21.14		
Shannon Sullivan	Sacred Heart	Havering	31	21.19		
Sharmilla Golan	St Edwards	Havering	32	21.27		
Rosie Dailly	Brentwood	Mid-essex	33	21.29		
Rebecca Barnard	William Edwards	Thurrock	34	21.43		
Chloe Thornton	FitzWimarc	Castle Point and Rochford	35	21.45		
		Redbridge	36	21.59		
Annabelle Murray	Chafford Hundred	Thurrock	37	22.01		
Lauren Freeman		West Essex	38	22.02		
Eleanor Corcoran	St Martins	Mid-essex	39	22.19		
Kirsty Chasmer	FitzWimarc	Castle Point and Rochford	40	22.34		
Lucy Warner	Francis Bardsley	Havering	41	22.39		
wendy zadigue	cumberland	Newham	42	23.03		
Isabell Emerson	St Marys	NE Essex	43	23.07		
Gemma Cartey	Academy	Basildon	44	23.16		
Page Ramsey	All Saints	Barking and Dagenham	45	23.18		
		Redbridge	46	23.19		
Grace Balmford	CCC	Havering	47	23.22		
		Redbridge	48	23.22		
Sheena Wooldroge	Stanway	NE Essex	49	23.29		
J.Peel	SHSG	Southend	50	23.32		
Ashley Goulding	JHHS	Basildon	51	23.53		
Georgia Grenn-Muid	King John	Castle Point and Rochford	52	24.04		
Maddie Coleman	Bromfords	Basildon	53	24.04		
Lydia Mountford	Billericay	Basildon	55	24.24		
Alice Park	Hedingham	NW Essex	56	24.30.		
		Redbridge	57	24.38		
Fern Archer	William Edwards	Thurrock	58	24.56		
Lauren Tate	FitzWimarc	Castle Point and Rochford	59	25.09		
Georgia Lees	Grays Convent	Thurrock	60	25.12		
Helen Mitchell	Honeywood	NW Essex	61	25.14		
		Redbridge	62	25.29		
		Redbridge	63	26.26		
Emily Harter	St Cleres	Thurrock	64	26.30.		
Kirstie Woodgate	Robert Clack	Barking and Dagenham	65	26.32		
Emily Fyffe	FitzWimarc	Castle Point and Rochford	66	27.11		
Gemma Abelia	Jo Richardson	Barking and Dagenham	67	24.45		

## Senior Boys

Name	School	District	POSITION	TIME	Team	
Tom Frith	SHSB	Southend	1	21.43	1	Southend 108pts
Alex Cornwell	Ilford	Redbridge	2	21.59	2	Mid Essex 128(5)
Harun Abdi	Newham Sixth Form	Newham	3	22.31	3	Redbridge 39(4)
Jamie Buckley-Stanton	Campion	Havering	4	22.36	4	Havering 54(4)
Grant Webb	Bas Academy	Basildon	5	22.36	5	NE Essex 60(4)
Callum Sutton	CCC	Havering	6	22.37	6	CPR 92(4)
Sam Clayton	Colchester Institute	NE Essex	7	22.42	7	Barking and Dagenham 89(3)
Darren Southcott	Woodbridge	Redbridge	8	22.52	8	Basildon 30(2)
David Smale	SHSB	Southend	9	23.07	9	Thurrock 44(2)
Daniel Few	Colchester 6th Form	NE Essex	10	23.12	10	Newham 3(1)
Michael Christoforow	Trinity	Redbridge	11	23.16	11	Waltham Forest 15(1)
Joseph Waked	Havering VI College	Havering	12	23.29		
Dale Clutterbuck	SEEVIC	Castle Point and Rochford	13	23.35		
Ben Davey	Thurrock Tech	Thurrock	14	23.35		
Auberon Hall	Highams Park	Waltham Forest	15	24.02		
Andrew Tanner	Colchester 6th Form	NE Essex	16	24.07		
George Moxon	S.E.E.C	Southend	17	24.10.		
Khalid Yusuf	Oaks Park	Redbridge	18	24.12		
Will Bryan	KEGS	Mid-essex	19	24.37		
Peter Hawkings	KEGS	Mid-essex	20	24.44		
Jon Staines	SHSB	Southend	21	24.57		
Chris James	SEEVIC	Castle Point and Rochford	22	25.23		
James Pearce	Brentwood	Mid-essex	23	25.49		
David Kail	Eastbury	Barking and Dagenham	24	26.02		
Curtis Swann	Mayflower	Basildon	25	26.05		
Billy Swain	SHSB	Southend	26	26.06		
Jake Etheridge	Colchester 6th Form	NE Essex	27	26.07		
Steve Hyams	SEEVIC	Castle Point and Rochford	28	26.27		
Josh Mann	SEEVIC	Castle Point and Rochford	29	26.52		
Joel Cooper	Moulsham	Mid-essex	30	27.00.		
Adam Dowman	Thurrock Tech	Thurrock	31	27.04		
Col Morris	Barking Abbey	Barking and Dagenham	32	27.06		
Jack Roush	Eastbury	Barking and Dagenham	33	27.07		
Ricky Beavis	Cecil Jones	Southend	34	27.10		
Lee Saunders	Campion	Havering	35	27.17		
Tim Pickup	KEGS	Mid-essex	36	27.19		
M Elmi	Mayfield	Redbridge	37			

## Senior Girls

Name	School	District	Position	Time	Team	
Gemma Kersey	St Martins	Mid-essex	1	18.05	1 NE Essex	43pts
Katie-Ann Tuttlebury	Helena Romanes	NW Essex	2	18.15	2 Mid Essex	44
Becky Hewitt	Davenant Foundation	West Essex	3	19.10.	3 Havering	61
Poppy Blake	KEGS	Mid-essex	4	19.17	4 Southend	66
Sidnie Sales	CCC	Havering	5	19.24	5 Redbridge	116
Claudia Conway	Davenant Foundation	West Essex	6	19.54	6 NW Essex	2(1)
Charlotte Bishop	Billericay	Basildon	7	20.03	7 Basildon	7(1)
Ella Neale	Col 6th Form	NE Essex	8	20.09	8 CPR	14(1)
Lauren Stripling	Hav VI College	Havering	9	20.11	9 Barking and Dagenham	27(1)
Hedi Steele	Col 6th Form	NE Essex	10	20.21		
Holly Gilliard	SHSG	Southend	11	20.26		
Lacey Bareham	Col 6th Form	NE Essex	12	20.45		
Laura Hillyard	CCHS	NE Essex	13	20.49		
Sophie Carroll	SEEVIC	Castle Point and Rochford	14	20.53		
Abigail Plank	SHSG	Southend	15	20.59		
Stacey Evers	Col 6th Form	NE Essex	16	21.10.		
Susanne Becket	KEGS	Mid-essex	17	21.19		
Nikki Twine	CCC	Havering	18	21.34		
M.Kyriakides	SHSG	Southend	19	21.40.		
Kate Stockings		Redbridge	20	21.53		
A.Ling	SHSB	Southend	21	22.09		
Tessmin Ooi	Peniel Academy	Mid-essex	22	23.10.		
K.Wilkinson	SHSG	Southend	23	23.46		
Belinda Smith	St John Payne	Mid-essex	24	24.25		
Hana Jones	Williem De Ferris	Mid-essex	25	24.44		
Kara Hannon	St John Payne	Mid-essex	26	25.26		
Rachel Mulloy	Barking Abbey	Barking and Dagenham	27	25.35		
Sophie Nichols	Williem De Ferris	Mid-essex	28	25.45		
Francis Pridie	CCC	Havering	29	25.55		
Scarlett Easton	Col 6th Form	NE Essex	30	26.04		
Siobhan McKenzie		Redbridge	31	32.02		
Stephanie Adeyemi		Redbridge	32	32.08		
Fabyann Sonagard		Redbridge	33	32.21		
Maria Ruffy		Redbridge	34	32.21		