

**Essex Cross Country Championships****Hadleigh****05 January 2013****Under 13 Boys**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	58	Joseph Clark	U13 B Orion Harriers	12: 40
2	21	Thomas Keevil	U13 B Chelmsford AC	41
3	37	Lewis Harknett	U13 B Harlow AC	42
4	76	Jack Exley	U13 B Thurrock Harriers	48
5	77	Reece Scott	U13 B Thurrock Harriers	54
6	18	Max Fewster	U13 B Chelmsford AC	13: 01
7	16	Zack Bridgeland	U13 B Chelmsford AC	05
8	65	Mitchell Lawrence	U13 B Southend AC	19
9	78	Harry Parker	U13 B Thurrock Harriers	23
10	1	James Perkins	U13 B Basildon AC	27
11	35	Luke Gill	U13 B East Essex Tri	33
12	79	Taylor Newell	U13 B Thurrock Harriers	35
13	83	Joseph Geller	U13 B Woodford Green with Essex Ladies	40
14	80	Charlie Power	U13 B Thurrock Harriers	42
15	27	Ziggy Lambton	U13 B Colchester Harriers	58
16	47	John Fennessey	U13 B Havering Mayesbrook AC	14: 01
17	3	Matthew Pointer	U13 B Basildon AC	06
18	23	Sam Rawlinson	U13 B Chelmsford AC	09
19	15	Freddie Trevanian	U13 B Braintree and District	10
20	38	Owen Harknett	U13 B Harlow AC	13
21	84	Zain Idris	U13 B Woodford Green with Essex Ladies	13
22	26	Danny Millward	U13 B Colchester Harriers	13
23	8	James Wright	U13 B Basildon AC	21
24	30	Marcus Holmes	U13 B Colchester Harriers	27
25	29	Matther Smith	U13 B Colchester Harriers	28
26	19	George Hay	U13 B Chelmsford AC	31
27	39	Sam Atkins	U13 B Havering Mayesbrook AC	38
28	2	Matthew Houchell	U13 B Basildon AC	48
29	33	Ben Mann	U13 B Colchester and Tendring	50
30	50	Ben Hammin	U13 B Havering Mayesbrook AC	54
31	41	Kieron Davies	U13 B Havering Mayesbrook AC	54
32	43	Oliver Woods	U13 B Havering Mayesbrook AC	15: 02
33	67	Sam Wheatley	U13 B Southend AC	09
34	6	George Hill	U13 B Basildon AC	11
35	87	George King	U13 B Woodford Green with Essex Ladies	15
36	72	Hayden Neale	U13 B Southend AC	16
37	48	Jay Vassallo	U13 B Havering Mayesbrook AC	17
38	54	Saul Ashon	U13 B Orion Harriers	21
39	24	Jonah Varela	U13 B Colchester Harriers	34
40	40	Sam Shrimpton	U13 B Havering Mayesbrook AC	38
41	13	Jack Saunders	U13 B Benfleet RC	39
42	12	Billy Saunders	U13 B Benfleet RC	47
43	75	Ben Prior	U13 B Thurrock Harriers	16: 06
44	44	Joseph Hogan-O'Neill	U13 B Havering Mayesbrook AC	09
45	49	Matthew Bright	U13 B Havering Mayesbrook AC	11
46	71	Nathan Thornton	U13 B Southend AC	15
47	7	Thomas Ray	U13 B Basildon AC	17

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

# Essex Cross Country Championships

05 January 2013

Hadleigh

Under 13 Boys

<b>48</b>	4	Daniel McGill	U13 B	Basildon AC	38
<b>49</b>	34	Oliver Eves	U13 B	Colchester and Tendring	44
<b>50</b>	69	Thomas May	U13 B	Southend AC	53
<b>51</b>	74	Ethan Bird	U13 B	Southend AC	17: 04

## Team Result

<b>1</b>	Thurrock Harriers	30
<b>2</b>	Chelmsford AC	33
<b>3</b>	Basildon AC	78
<b>4</b>	Colchester Harriers	86
<b>5</b>	Havering Mayesbrook AC	104
<b>6</b>	Southend AC	123
<b>7</b>	Havering Mayesbrook AC 'B'	153

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

**Essex Cross Country Championships**  
**05 January 2013**

Hadleigh Under 13 Girls

Pos	No	Name	Club	Time
1	160	Joanna Rimmington	U13 G Southend AC	13: 39
2	135	Kate O'Neill	U13 G Havering Mayesbrook AC	43
3	133	Katie Mitchell	U13 G Havering Mayesbrook AC	56
4	104	Courtney Gordon	U13 G Braintree & District	14: 02
5	105	Helena Dyce	U13 G Cambridge & Coleridge	08
6	170	Hayley Instance	U13 G Thurrock Harriers	09
7	161	Georgia Gobell	U13 G Southend AC	43
8	137	Sophie Rand	U13 G Havering Mayesbrook AC	48
9	174	Kyesha Robinson	U13 G Woodford Green with Essex Ladies	55
10	158	Meghan Samuels	U13 G Southend AC	56
11	171	Kierra Scott	U13 G Thurrock Harriers	15: 24
12	103	Katy Fenner	U13 G Benfleet RC	27
13	151	Aoibheann Pearce	U13 G Orion Harriers	29
14	157	Juliette LeMare	U13 G Southend AC	31
15	146	Molly Bath	U13 G Havering Mayesbrook AC	32
16	173	Millie Finch	U13 G Woodford Green with Essex Ladies	34
17	138	Catherine Barker	U13 G Havering Mayesbrook AC	42
18	97	Ella Findlay	U13 G Basildon AC	49
19	176	Megan-Rose Caswell	U13 G Woodford Green with Essex Ladies	53
20	136	Jessica Mitchell	U13 G Havering Mayesbrook AC	16: 00
21	131	Zoe Rutter	U13 G Harlow AC	01
22	91	Abby Rex	U13 G Basildon AC	04
23	154	Emily Sharpe	U13 G Orion Harriers	07
24	106	Madeline Archer	U13 G Chelmsford AC	13
25	107	Alice Bauckam	U13 G Chelmsford AC	18
26	120	Lauren Strutt	U13 G Colchester Harriers	27
27	166	Rhiannon Ryan	U13 G Thurrock Harriers	29
28	113	Georgia Olley	U13 G Chelmsford AC	29
29	92	Sophie Wetheridge	U13 G Basildon AC	34
30	167	Lucie Ball	U13 G Thurrock Harriers	36
31	143	Molly Sweetman	U13 G Havering Mayesbrook AC	39
32	125	Emma Gadsdon	U13 G Colchester & Tendring	44
33	142	Katy Walker	U13 G Havering Mayesbrook AC	50
34	90	Emily Kidd	U13 G Basildon AC	58
35	148	Jessica James	U13 G Havering Mayesbrook AC	58
36	98	Yasmin Robinson	U13 G Benfleet RC	17: 02
37	144	Ella King	U13 G Havering Mayesbrook AC	06
38	132	Lauren Barker	U13 G Harlow AC	07
39	129	Caitlan Fowler	U13 G East Essex Tri	17
40	93	Anna Wardell	U13 G Basildon AC	22
41	119	Katie Rice	U13 G Colchester Harriers	33
42	116	Savanna Harrison	U13 G Colchester Harriers	35
43	112	Charlotte Mogford	U13 G Chelmsford AC	41
44	140	Hannah Paton	U13 G Havering Mayesbrook AC	44
45	149	Milli Lewis	U13 G Havering Mayesbrook AC	58
46	100	Genevieve Pate	U13 G Benfleet RC	18: 03
47	145	Chloe Morter	U13 G Havering Mayesbrook AC	07
48	114	Jasmine Atkinson	U13 G Chelmsford AC	11
49	111	Frances Hay	U13 G Chelmsford AC	16
50	141	Amilia Day	U13 G Havering Mayesbrook AC	47
51	94	Jenny Madigan	U13 G Basildon AC	51
52	99	Grace Stapleton	U13 G Benfleet RC	19: 12
53	95	Lauren Agar	U13 G Basildon AC	19

Results by:  
Chris Akehurst (Colchester Harriers)  
Roy Meadowcroft (Chelmsford AC)

# Essex Cross Country Championships

05 January 2013

Hadleigh

Under 13 Girls

<b>54</b>	118	Hannah Rodgers	U13 G	Colchester Harriers		43
<b>55</b>	162	Chloe West	U13 G	Southend AC	21:	17
<b>56</b>	147	Rebecca Stanley	U13 G	Havering Mayesbrook AC	23:	48

## Team Result

<b>1</b>	Havering Mayesbrook AC	28
<b>2</b>	Southend AC	32
<b>3</b>	Thurrock Harriers	74
<b>4</b>	Havering Mayesbrook AC 'B'	101
<b>5</b>	Basildon AC	103
<b>6</b>	Chelmsford AC	120
<b>7</b>	Benfleet RC	146
<b>8</b>	Havering Mayesbrook AC 'C'	161
<b>9</b>	Colchester Harriers	163

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

# Essex Cross Country Championships

Hadleigh

05 January 2013

Under 15 Boys

Pos	No	Name	Club	Time
1	255	Canaan Solomon	U15 B Woodford Green with Essex Ladies	16: 14
2	212	Joseph Patterson	U15 B Colchester & Tendring	28
3	230	Usamah Patel	U15 B Ilford AC	49
4	246	Jody Meredith	U15 B Thurrock Harriers	17: 09
5	186	Gus Withers	U15 B Basildon AC	13
6	237	George Day	U15 B Orion Harriers	20
7	180	Max Jones	U15 B Basildon AC	28
8	181	Brandon Thorpe	U15 B Basildon AC	33
9	240	Daniel Richards	U15 B Orion Harriers	37
10	183	Benjamin Haynes	U15 B Basildon AC	43
11	241	Harry Sloman	U15 B Orion Harriers	56
12	245	Sam Smith	U15 B Thurrock Harriers	18: 04
13	231	Mosope Oyelola	U15 B Newham & Essex Beagles	08
14	210	Benjamin Miller	U15 B Colchester & Tendring	08
15	216	Adam Harley	U15 B East Essex Tri	12
16	250	James Wakefield	U15 B Woodford Green with Essex Ladies	14
17	258	Owen Armstrong	U15 B Woodford Green with Essex Ladies	28
18	238	Joshua Iton	U15 B Orion Harriers	31
19	218	Stephen Kirsch	U15 B East Essex Tri	33
20	206	Jake Young	U15 B Colchester Harriers	41
21	249	Harry Cavell	U15 B Woodford Green with Essex Ladies	49
22	244	Will Slaughter	U15 B Thurrock Harriers	50
23	223	Oliver Morter	U15 B Havering Mayesbrook AC	53
24	239	Jake Offiler	U15 B Orion Harriers	54
25	222	Lewis Debenham	U15 B Havering Mayesbrook AC	19: 09
26	225	Tom Sheldrick	U15 B Havering Mayesbrook AC	20
27	220	Jamie Rushworth	U15 B Harlow AC	23
28	214	Euan Chess	U15 B Colchester & Tendring	29
29	207	Oscar Dawson	U15 B Colchester Harriers	30
30	187	Mitchell Cox	U15 B Basildon AC	30
31	235	Charlie Ackland	U15 B Orion Harriers	20: 04
32	243	Michael Hodges	U15 B Southend AC	15
33	233	Michael Oku-Ampofo	U15 B Newham & Essex Beagles	31
34	234	James Traylen	U15 B Newham & Essex Beagles	38
35	215	Dominic Doherty	U15 B Colchester & Tendring	40
36	211	Max Williams	U15 B Colchester & Tendring	43
37	208	Jack Shepherd	U15 B Colchester Harriers	21: 01
38	205	Drew Olley	U15 B Colchester Harriers	58
39	256	Taylor Reece	U15 B Woodford Green with Essex Ladies	22: 07
40	221	Christian Barker	U15 B Harlow AC	16
41	224	Oliver Bath	U15 B Havering Mayesbrook AC	33
42	252	Christopher James Hogg	U15 B Woodford Green with Essex Ladies	36
43	213	Harrisson Beardsell	U15 B Colchester & Tendring	23: 03
44	242	Tobias Wright	U15 B Southend AC	23

### Team Result

1	Basildon AC	30
2	Orion Harriers	44
3	Woodford Green with Essex Ladies	55
4	Colchester & Tendring	79
5	Havering Mayesbrook AC	115
6	Colchester Harriers	124

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

**Essex Cross Country Championships**  
**05 January 2013**

**Hadleigh**

**Under 15 Girls**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	281	Khahisa Mhlanga	U15 G Chelmsford AC	18: 21
2	279	Jodie Judd	U15 G Chelmsford AC	53
3	277	Katie Faint	U15 G Chelmsford AC	19: 09
4	317	Jodi Radcliff	U15 G Woodford Green with Essex Ladies	20
5	273	Rachel Broome	U15 G Chelmsford AC	22
6	260	Niamh Smith	U15 G Basildon AC	25
7	320	Rosie Poole	U15 G Woodford Green with Essex Ladies	38
8	284	Emma Perks	U15 G Chelmsford AC	42
9	265	Jemima Walker	U15 G Basildon AC	43
10	310	Natasha May	U15 G Southend AC	20: 04
11	308	Isobel Mills	U15 G Orion Harriers	19
12	290	Lydia Callan	U15 G Colchester & Tendring	23
13	302	Gemma Archer-Haley	U15 G Havering Mayesbrook AC	28
14	318	Edie Preece	U15 G Woodford Green with Essex Ladies	29
15	264	Kiera Tippet	U15 G Basildon AC	49
16	304	Lois Wyatt	U15 G Havering Mayesbrook AC	59
17	268	Sinead Clark	U15 G Benfleet RC	21: 05
18	298	Emily Marshall	U15 G Havering Mayesbrook AC	06
19	276	Kate Etheridge	U15 G Chelmsford AC	11
20	316	Brooke Mensah	U15 G Thurrock Harriers	18
21	262	Charlotte Skeggs	U15 G Basildon AC	58
22	282	Megan Paxman	U15 G Chelmsford AC	22: 07
23	261	Megan Richardson	U15 G Basildon AC	17
24	321	Jess Archard	U15 G Woodford Green with Essex Ladies	26
25	297	Jess Riches	U15 G Colchester & Tendring	31
26	319	Abigail Burbidge	U15 G Woodford Green with Essex Ladies	50
27	299	Holly Hyde	U15 G Havering Mayesbrook AC	52
28	287	Lily Woollett	U15 G Chelmsford AC	57
29	286	Madeline Simpson	U15 G Chelmsford AC	23: 02
30	288	Megan Sifford	U15 G Colchester Harriers	07
31	300	Emily James	U15 G Havering Mayesbrook AC	09
32	280	Phoebe Knight	U15 G Chelmsford AC	39
33	283	Gabrielle Pearce	U15 G Chelmsford AC	24: 01
34	278	Phoebe Jeffery	U15 G Chelmsford AC	05
35	266	Elise Coombs	U15 G Basildon AC	07
36	295	Emily Donaghue	U15 G Colchester & Tendring	11
37	275	Olivia Elliott	U15 G Chelmsford AC	21
38	296	Jennifer Borg	U15 G Colchester & Tendring	41

**Team Result**

1	Chelmsford AC	11
2	Woodford Green with Essex Ladies	49
3	Basildon AC	51
4	Havering Mayesbrook AC	74
5	Chelmsford AC 'B'	77
6	Colchester & Tendring	111
7	Chelmsford AC 'C'	128

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

**Esses Cross Country Championships**  
**05 January 2013**

**Hadleigh**

**Under 17 Men**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	346	Jordan Rowe	U17 M Colchester Harriers	18: 13
2	339	George Elliott	U17 M Chelmsford AC	19: 17
3	327	Laurence Willmore	U17 M Basildon AC	23
4	338	Callum Charleston	U17 M Chelmsford AC	31
5	328	Adam Houchell	U17 M Basildon AC	33
6	329	Christian Gray	U17 M Basildon AC	20: 02
7	341	James Nadin	U17 M Chelmsford AC	03
8	337	Joe Nunse	U17 M Braintree & District	38
9	355	Abdulraham Mohamed	U17 M Havering Mayesbrook AC	40
10	369	Adam Jordan	U17 M Southend AC	41
11	368	Joe Ray	U17 M Southend AC	53
12	326	Daniel Ashley	U17 M Basildon AC	56
13	342	Robin O`Connor	U17 M Chelmsford AC	21: 07
14	358	Matthew Braybrook	U17 M Havering Mayesbrook AC	08
15	366	Dominc LeMare	U17 M Southend AC	10
16	331	Adam Foster	U17 M Benfleet RC	11
17	370	Henry Snell	U17 M Southend AC	22
18	371	Gary Cahill	U17 M Thurrock Harriers	31
19	330	Eddy Cooper	U17 M Benfleet RC	42
20	334	Kieran Feltham	U17 M Benfleet RC	22: 12
21	360	Jack Maher	U17 M Ilford AC	13
22	333	Ryan Creasey	U17 M Benfleet RC	34
23	356	Bradley West	U17 M Havering Mayesbrook AC	35
24	335	Michael Feltham	U17 M Benfleet RC	23: 56
25	359	Euan Harwood	U17 M Havering Mayesbrook AC	01
26	357	Robert Woodgate	U17 M Havering Mayesbrook AC	10
27	365	Thomas Young	U17 M Orion Harriers	11
28	332	James Hiscock	U17 M Benfleet RC	36
29	345	Jak Bush	U17 M Colchester Harriers	46
30	336	Michael Williams	U17 M Benfleet RC	24: 20
31	353	Donald Campbell	U17 M Harlow AC	25: 04
32	352	Jamie Rush	U17 M Colchester & Tendring	23

**Team Result**

<b>1</b>	Basildon AC	26
<b>2</b>	Chelmsford AC	26
<b>3</b>	Southend AC	53
<b>4</b>	Havering Mayesbrook AC	71
<b>5</b>	Benfleet RC	77

Results by:

Chris Akehurst (Colchester Harriers AC)

Roy Meadowcroft (Chelmsford AC)

**Essex Cross Country Championships****Hadleigh****05 January 2013****Under 17 Women**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	391	Georgia Tuckfield	U17 W Chelmsford AC	20: 46
2	383	Hannah Irwin	U17 W Braintree & District	21: 10
3	390	Katie Solis	U17 W Chelmsford AC	52
4	405	Lydia Hallam	U17 W Havering Mayesbrook AC	22: 13
5	406	Sarah Wilson	U17 W Havering Mayesbrook AC	23: 03
6	377	Isobel Ives	U17 W Basildon AC	32
7	392	Megan Williams	U17 W Chelmsford AC	33
8	408	Heidi Surman-Wells	U17 W Havering Mayesbrook AC	48
9	388	Rosa Prideaux	U17 W Chelmsford AC	24: 08
10	416	Lucy Kidwell	U17 W Southend AC	23
11	420	Alicia McArdell	U17 W Woodford Green with Essex Ladies	23
12	421	Abbie Dell	U17 W Woodford Green with Essex Ladies	25: 43
13	419	Chaima Allali	U17 W Thurrock Harriers	50
14	445	Annabel Matthews-Smith	U20 W Southend AC	26: 09
15	376	Laura Kidd	U17 W Basildon AC	16
16	393	Joy Huggins	U17 W Colchester Harriers	33
17	411	Madeleine Carr	U17 W Orion Harriers	53
18	399	Ami Fosker	U17 W Colchester & Tendring	27: 11
19	395	Charlotte Head	U17 W Colchester Harriers	31
20	417	Kira Meredith	U17 W Thurrock Harriers	36
21	400	Sian Hicks	U17 W Colchester & Tendring	28: 38
22	397	Alice Welby	U17 W Colchester Harriers	29: 14
23	409	Zoe Rudgley	U17 W Havering Mayesbrook AC	44
24	404	Megan Clark	U17 W East Essex Tri	30: 00
25	398	Catherine Blacklock	U17 W Colchester & Tendring	02
26	413	Joelle Ewen	U17 W Orion Harriers	31: 01
27	401	Hanna Banks	U17 W Colchester & Tendring	22
28	407	Abbir O'Neill	U17 W Havering Mayesbrook AC	33
29	403	Rachel Phelps	U17 W East Essex Tri	34: 05

**Team Result**

1	Chelmsford AC	20
2	Havering Mayesbrook AC	39
3	Colchester & Tendring	87

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)



# Essex Cross Country Championships

05 January 2013

Hadleigh

Under 20 Men

Pos	No	Name	Club	Time
1	457	Thomas Richardson	U20 M Basildon AC	27: 42
2	483	James Stockings	U20 M Woodford Green with Essex Ladies	29: 03
3	478	Oliver Kyrakides	U20 M Southend AC	31
4	456	Stephen Strange	U20 M Basildon AC	45
5	477	Rhys Gillard	U20 M Southend AC	30: 15
6	476	Ashley Capel	U20 M Southend AC	23
7	481	Alec Finch	U20 M Thurrock Harriers	40
8	460	Darren Blackwell	U20 M Chelmsford AC	31: 33
9	455	Jonathan Burton	U20 M Basildon AC	54
10	480	Steve Hancock	U20 M Southend AC	32: 19
11	485	Massi Dendani	U20 M Bedford & County	33: 47

### Team Result

1 Southend AC 24

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

**Essex Cross Country Championships**  
**05 January 2013**

**Hadleigh**

**Under 20 Women**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
<b>1</b>	429	Kaylee Dodd	U20 W Basildon AC	22: 21
<b>2</b>	449	Hayley Lamkin	U20 W Southend AC	57
<b>3</b>	433	Chloe Beckett	U20 W Braintree & District	23: 12
<b>4</b>	428	Emma Houchell	U20 W Basildon AC	27
<b>5</b>	426	Eleanor Johnson	U20 W Basildon AC	52
<b>6</b>	444	Sarah Imbush	U20 W Southend AC	24: 02
<b>7</b>	451	Lauren McGregor	U20 W Woodford Green with Essex Ladies	06
<b>8</b>	438	Jessica Swain	U20 W Chelmsford AC	14
<b>9</b>	427	Emily Bullis	U20 W Basildon AC	19
<b>10</b>	441	Isabella Woods	U20 W Havering Mayesbrook AC	41
<b>11</b>	442	Heather Wilson	U20 W Havering Mayesbrook AC	25: 45
<b>12</b>	439	Molly Huggins	U20 W Colchester Harriers	26: 07
<b>13</b>	445	Annabel Matthews-Smith	U20 W Southend AC	09
<b>14</b>	440	Samantha Hart	U20 W Colchester Harriers	28: 53
<b>Team Result</b>				
<b>1 Basildon AC</b>				19

Results by:  
Chris Akehurst (Colchester Harriers)  
Roy Meadowcroft (Chelmsford AC)

**Essex Cross Country Championships**  
**05 January 2013**

**Hadleigh**

**Senior Women**

<b>Pos</b>	<b>No</b>	<b>Name</b>		<b>Club</b>	<b>Time</b>
1	487	Gemme Kersey	SW	Basildon AC	30: 43
2	576	Faye Fullerton	SW	Havering Mayesbrook AC	31: 48
3	675	Joanne Wilkinson	SW	Thurrock Harriers	32: 25
4	660	Elizabeth Davies	SW	Springfield Striders	29
5	550	Alex Gounelas	SW	Eton Manor AC	46
6	645	June Allen	SW	Springfield Striders	49
7	514	Sarah Strading	SW	Colchester Harriers	49
8	575	Debbie Appleton	SW	Havering Mayesbrook AC	49
9	603	Clare Thurgood	SW	Orion Harriers	33: 49
10	505	Poppy Blake	SW	Chelmsford AC	54
11	513	Carys Sutton	SW	Chelmsford AC	34: 09
12	658	Tracey Ranson	SW	Springfield Striders	10
13	696	Karen Whitmarsh	SW	Basildon AC	20
14	519	Laura Shewbridge	SW	Colchester Harriers	29
15	647	Nikki Brockbank	SW	Springfield Striders	34
16	488	Dominique Ballard	SW	Benfleet RC	56
17	511	Rebecca Rowley	SW	Chelmsford AC	35: 03
18	591	Krystle Balogun	SW	Ilford AC	13
19	584	Vicky Smith	SW	Havering Mayesbrook AC	14
20	520	Denise Morley	SW	Colchester Harriers	21
21	507	Wendy King	SW	Chelmsford AC	27
22	629	Sarah Jeffery	SW	Southend AC	39
23	516	Ellie Mayne	SW	Colchester Harriers	44
24	525	Heidi Steele	SW	Colchester Harriers	58
25	508	Rebecca Luxton	SW	Chelmsford AC	36: 01
26	517	Amanda Henry	SW	Colchester Harriers	21
27	606	Nikkii Barnett	SW	Orion Harriers	38
28	631	Anne Jenkinson	SW	Southend AC	42
29	512	Joanne Smith	SW	Chelmsford AC	45
30	628	Fiona Halls	SW	Saffron Striders	53
31	521	Rebecca Cooke	SW	Colchester Harriers	55
32	518	Lyn Higgs	SW	Colchester Harriers	57
33	670	Toni Noble	SW	Thurrock Harriers	59
34	509	Sally Mhlanga	SW	Chelmsford AC	37: 04
35	568	Emily Zethraeus	SW	Great Bentley RC	17
36	492	Jacqui Watson	SW	Benfleet RC	22
37	547	Sharon Bolister	SW	Eton Manor AC	32
38	673	Jodie Farrell	SW	Thurrock Harriers	43
39	528	Andrea James	SW	Colchester Harriers	44
40	559	Zoe Woodward	SW	Eton Manor AC	54
41	633	Natasha Lagden	SW	Southend AC	38: 01
42	656	Samantha Monk	SW	Springfield Striders	08
43	613	Tracey Alexandrou	SW	Orion Harriers	21
44	662	Laura Brooks	SW	Thrift Green Trotters	23
45	608	Hayley Rogerson	SW	Orion Harriers	25
46	672	Amy Trencher	SW	Thurrock Harriers	26
47	597	Mary Knapman	SW	Loughton AC	27
48	574	Claudine Tisbury	SW	Harwich Runners	29
49	556	Paula Steere	SW	Eton Manor AC	56
50	650	Vic Curren	SW	Springfield Striders	39: 11

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

## Essex Cross Country Championships

**Hadleigh**

**05 January 2013**

**Senior Women**

<b>51</b>	494	Sarah Grabowski	SW	Benfleet RC		14
<b>52</b>	589	Breege Nordin	SW	Ilford AC		34
<b>53</b>	527	Katie Ireland	SW	Colchester Harriers		40
<b>54</b>	530	Kate Bent	SW	Colchester Harriers	40:	03
<b>55</b>	558	Claire Wagh	SW	Eton Manor AC		04
<b>56</b>	677	Victoria Peacock	SW	Thurrock Harriers		05
<b>57</b>	536	Kimberley Preston	SW	Colchester Harriers		31
<b>58</b>	535	Fran Norris	SW	Colchester Harriers		34
<b>59</b>	654	Nichola Hands	SW	Springfield Striders		38
<b>60</b>	588	Dianne Crisp	SW	Ilford AC		45
<b>61</b>	537	Helen Bloomfield	SW	Colchester Harriers		48
<b>62</b>	534	Ella Neale	SW	Colchester Harriers		56
<b>63</b>	587	Jenni Sheehan	SW	Ilford AC	41:	00
<b>64</b>	548	Susan Edwards	SW	Eton Manor AC		09
<b>65</b>	612	Lorraine Gosling	SW	Orion Harriers		18
<b>66</b>	687	Kate Stockings	SW	Woodford Green with Essex Ladies		28
<b>67</b>	544	Alexandra Wilkinson	SW	East London Runners		34
<b>68</b>	676	Sam Tuck	SW	Thurrock Harriers		46
<b>69</b>	610	Hayley Barron	SW	Orion Harriers		51
<b>70</b>	510	Hayley Pegg	SW	Chelmsford AC		59
<b>71</b>	572	Elsbeth Knott	SW	Harwich Runners	42:	00
<b>72</b>	567	Anna Mills	SW	Great Bentley RC		04
<b>73</b>	504	Kayleigh Beedon	SW	Braintree & District		09
<b>74</b>	500	Wendy Reed	SW	Billericay Striders		12
<b>75</b>	529	Charlotte Allen	SW	Colchester Harriers		20
<b>76</b>	542	Celia Payaneeandee	SW	East London Runners		23
<b>77</b>	651	Allison Gillan	SW	Springfield Striders		27
<b>78</b>	605	Liz Maidment	SW	Orion Harriers		27
<b>79</b>	495	Annette Johnson	SW	Benfleet RC		29
<b>80</b>	604	Sarah Maidment	SW	Orion Harriers		30
<b>81</b>	664	Jayne Pinner	SW	Thrift Green Trotters		32
<b>82</b>	601	Sharon Skidmore	SW	Mid Essex Casuals		46
<b>84</b>	611	Pippa Dowsell	SW	Orion Harriers		56
<b>85</b>	543	Fiona Day	SW	East London Runners	43:	19
<b>86</b>	667	Marijke Van Eetvelde	SW	Thrift Green Trotters		32
<b>87</b>	659	Lynn Tanner	SW	Springfield Striders		46
<b>88</b>	653	Sarah Hammond	SW	Springfield Striders	44:	33
<b>89</b>	661	Elaine Tribley	SW	Springfield Striders		49
<b>90</b>	609	Lisa Thorn	SW	Orion Harriers		51
<b>91</b>	566	Lorna Sharp	SW	Great Bentley RC	45:	05
<b>92</b>	623	Debbie Smith	SW	Phoenix Striders		16
<b>93</b>	619	Ruth Roberts	SW	Phoenix Striders		35
<b>94</b>	503	Jo Ling	SW	Billericay Striders		44
<b>95</b>	573	Claire Bransby	SW	Harwich Runners		50
<b>96</b>	648	Karen Chapman	SW	Springfield Striders		50
<b>97</b>	657	Nikki Pyle	SW	Springfield Striders		58
<b>98</b>	596	Jean Hobbs	SW	Loughton AC	46:	04
<b>99</b>	565	Davina Swindell	SW	Great Bentley RC		17
<b>100</b>	655	Kerry Marsh	SW	Springfield Striders		41
<b>101</b>	663	Daisy Martin	SW	Thrift Green Trotters		46

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

## Essex Cross Country Championships

**05 January 2013**

**Hadleigh**

**Senior Women**

<b>102</b>	639	Sally Newman-Russell	SW	Southend AC		49
<b>103</b>	571	Sally Gillam	SW	Harwich Runners		59
<b>104</b>	646	Sharon Bannister	SW	Springfield Striders	47:	19
<b>105</b>	602	Katy Rehal	SW	Mid Essex Casuals		22
<b>106</b>	561	Lex Carlisle	SW	Great Bentley RC		25
<b>107</b>	583	Clare Rudgley	SW	Havering Mayesbrook AC		27
<b>108</b>	617	Beryl De Smidt	SW	Phoenix Striders	48:	44
<b>109</b>	620	Nicola Maslen	SW	Phoenix Striders	49:	08
<b>110</b>	546	Rachel Brittle	SW	Eton Manor AC		11
<b>111</b>	569	Sue Sorrell	SW	Great Bentley RC		31
<b>112</b>	555	Jane Stichbury	SW	Eton Manor AC		42
<b>113</b>	570	Emma Town	SW	Great Bentley RC		46
<b>114</b>	560	Christina Watson	SW	Eton Manor AC		51
<b>115</b>	627	Caroline Wallis	SW	Pitsea RC	50:	41
<b>116</b>	649	Rebecca Charlton-Weedy	SW	Springfield Striders	51:	20
<b>117</b>	626	Teresa Flannigan	SW	Pitsea RC		33
<b>118</b>	652	Sarah Goodwin	SW	Springfield Striders	52:	10
<b>119</b>	595	Anne Heeks	SW	Loughton AC	54:	18
<b>120</b>	621	Adele Moggan	SW	Phoenix Striders		28
<b>121</b>	593	Michaela Davis	SW	Loughton AC	55:	33
<b>122</b>	599	Gwen Harwood	SW	Loughton AC	58:	28
<b>122</b>	606	Nicola Burston	SW	Phoenix Striders		08

### Team Result

<b>1</b>	Springfield Striders	37
<b>2</b>	Chelmsford AC	59
<b>3</b>	Colchester Harriers	64
<b>4</b>	Colchester Harriers 'B'	113
<b>5</b>	Thurrock Harriers	120
<b>6</b>	Orion Harriers	124
<b>7</b>	Eton Manor AC	131
<b>8</b>	Havering Mayesbrook AC	135
<b>9</b>	Chelmsford AC 'B'	158
<b>10</b>	Benfleet RC	182
<b>11</b>	Southend AC	192
<b>12</b>	Ilford AC	193
<b>13</b>	Colchester Harriers 'C'	203
<b>14</b>	Springfield Striders 'B'	228
<b>15</b>	Colchester Harriers 'D'	256
<b>16</b>	Orion Harriers 'B'	292
<b>17</b>	Great Bentley RC	295
<b>18</b>	Thrift Green Trotters	310
<b>19</b>	Harwich Runners	315
<b>20</b>	Eton Manor AC 'B'	339
<b>21</b>	Springfield Striders 'C'	356
<b>22</b>	Loughton AC	382
<b>23</b>	Phoenix Striders	398
<b>24</b>	Springfield Striders 'D'	413

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

**Essex Cross Country Championships****Hadleigh****05 January 2013****Senior Men**

<b>Pos</b>	<b>No</b>	<b>Name</b>		<b>Club</b>	<b>Time</b>
1	752	Alex Short	SM	Chelmsford AC	39: 56
2	743	David Fewell	SM	Chelmsford AC	40: 26
3	754	Grant Twist	SM	Chelmsford AC	39
4	914	Frankie Conway	SM	Orion Harriers	41: 19
5	848	Rob Warner	SM	Havering Mayesbrook	32
6	758	Stephen Woodford	SM	Chelmsford AC	56
7	731	Crispian Bloomfield	SM	Billericay Striders	42: 13
8	751	Mark Sanford	SM	Chelmsford AC	16
9	854	Malcolm Muir	SM	Ilford AC	30
10	896	Nick Shasha	SM	Orion Harriers	48
11	759	Mark Woodley	SM	Chelmsford AC	49
12	705	Dale Clutterbuck	SM	Basildon AC	50
13	810	Donatas Tumaitis	SM	Eton Manor AC	54
14	239	Kevin Murphy	SM	Woodford Green with Essex Ladies	57
15	747	Lee Pickering	SM	Chelmsford AC	43: 15
16	703	Grant Webb	SM	Basildon AC	22
17	762	Chris Sellens	SM	Colchester Harriers	37
18	969	Tom Cammack	SM	Springfield Striders	40
19	899	Brian Jenkins	SM	Orion Harriers	53
20	765	Allen Smalls	SM	Colchester Harriers	44: 04
21	839	Graeme Knott	SM	Harwich Runners	10
22	741	Gavin Chatterton	SM	Chelmsford AC	21
23	766	John Fryer	SM	Colchester Harriers	26
24	906	Colin Read	SM	Orion Harriers	29
25	972	Ed Charlton-Weedy	SM	Springfield Striders	32
26	967	Chris Burgoyne	SM	Springfield Striders	36
27	840	Ian Anthony	SM	Havering Mayesbrook	37
28	744	Peter Hawkins	SM	Chelmsford AC	37
29	243	Gareth Cavell	SM	Woodford Green with Essex Ladies	37
30	971	Gary Chandler	SM	Springfield Striders	42
31	246	Jim Roche	SM	Woodford Green with Essex Ladies	54
32	767	David Allworthy	SM	Colchester Harriers	45: 03
33	770	Colin Ridley	SM	Colchester Harriers	25
34	779	Simon Bent	SM	Colchester Harriers	26
35	238	Harold Wyber	SM	Woodford Green with Essex Ladies	28
36	904	Barny Foot	SM	Orion Harriers	28
37	913	Ben Hall	SM	Orion Harriers	31
38	730	Dave Butler	SM	Billericay Striders	33
39	200	Alex Houghton	SM	Thurrock Harriers	40
40	237	Tom Beedell	SM	Woodford Green with Essex Ladies	43
41	702	Sebastian Cirillo	SM	Basildon AC	45
42	900	Ian Clark	SM	Orion Harriers	53
43	841	Mat Bland	SM	Havering Mayesbrook	58
44	909	Neil Swift	SM	Orion Harriers	46: 00
45	795	Patrick Brown	SM	East London Runners	01
46	866	Steve Philcox	SM	Ilford AC	03
47	786	Sam Clayton	SM	Colchester & Tendring	05
48	249	Joe Everitt	SM	Woodford Green with Essex Ladies	11
49	952	Lee Taylor	SM	Southend AC	14
50	745	Ken Hoye	SM	Chelmsford AC	20

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

## Essex Cross Country Championships

**Hadleigh**

**05 January 2013**

**Senior Men**

<b>51</b>	921	Andrew Dyson	SM	Oxford University XC Club		39
<b>52</b>	202	Scott Rice	SM	Thurrock Harriers		47
<b>53</b>	244	Robbie Cox	SM	Woodford Green with Essex Ladies	47:	04
<b>54</b>	894	Neil McGoun	SM	Orion Harriers		07
<b>55</b>	964	Paul Anderson	SM	Springfield Striders		16
<b>56</b>	853	Kevin Newell	SM	Ilford AC		20
<b>57</b>	980	Stuart Raven	SM	Springfield Striders		29
<b>58</b>	772	Jon Nears	SM	Colchester Harriers		31
<b>59</b>	768	Rob Gibby	SM	Colchester Harriers		39
<b>60</b>	959	David Girt	SM	Southend AC		47
<b>61</b>	259	Dennis Cross	SM	Basildon AC		48
<b>62</b>	781	Anthony Barraclough	SM	Colchester Harriers		53
<b>63</b>	837	Mark Lloyd	SM	Harwich Runners	48:	00
<b>64</b>	775	Mark Harrod	SM	Colchester Harriers		04
<b>65</b>	738	Michael Bridgeland	SM	Chelmsford AC		19
<b>66</b>	798	Paul Boddey	SM	Eton Manor AC		24
<b>67</b>	920	George Banbury	SM	Orion Harriers		34
<b>68</b>	231	Leo Cole	SM	Witham Running Club		35
<b>69</b>	248	CJ Shepherd	SM	Woodford Green with Essex Ladies		40
<b>70</b>	938	Simon LeMare	SM	Southend AC		52
<b>71</b>	974	Paul Jeggo	SM	Springfield Striders		54
<b>72</b>	862	Paul Holloway	SM	Ilford AC		57
<b>73</b>	774	Tim Ballard	SM	Colchester Harriers	49:	08
<b>74</b>	799	Paul Cates	SM	Eton Manor AC		20
<b>75</b>	987	James Marshall	SM	Thrift Green Trotters		32
<b>76</b>	729	Terence Spooner	SM	Benfleet RC		33
<b>77</b>	205	Anthony Tobin	SM	Thurrock Harriers		57
<b>78</b>	756	James Williams	SM	Chelmsford AC		58
<b>79</b>	856	Sam Rahman	SM	Ilford AC		59
<b>80</b>	937	Alec Kyrakides	SM	Southend AC	50:	15
<b>81</b>	865	Tony Hyde	SM	Ilford AC		16
<b>82</b>	855	Neil Crisp	SM	Ilford AC		18
<b>83</b>	252	Julian Russell	SM	Woodford Green with Essex Ladies		38
<b>84</b>	782	Chris Manby	SM	Colchester Harriers	51:	07
<b>85</b>	710	Alan Clark	SM	Benfleet RC		09
<b>86</b>	258	Steve Lambert	SM	Woodford Green with Essex Ladies		14
<b>87</b>	916	Adam Baker	SM	Orion Harriers		18
<b>88</b>	778	Keith Marley	SM	Colchester Harriers		28
<b>89</b>	825	Ben Ficken	SM	Great Bentley RC		31
<b>90</b>	824	Dave Goldsmith	SM	Great Bentley RC		33
<b>91</b>	908	Glen Gosling	SM	Orion Harriers		35
<b>92</b>	213	Mick Bumstead	SM	Thurrock Harriers		43
<b>93</b>	789	Russell Price	SM	East London Runners		46
<b>94</b>	968	Jon Byford	SM	Springfield Striders		49
<b>95</b>	942	Al Monte	SM	Southend AC		58
<b>96</b>	764	Robert Smith	SM	Colchester Harriers	52:	00
<b>97</b>	214	Martin Mack	SM	Thurrock Harriers		02
<b>98</b>	818	Michael Simmons	SM	Great Bentley RC		07
<b>99</b>	885	Dan Augustin	SM	Mid Essex Casuals		17
<b>100</b>	777	Darren McGill	SM	Colchester Harriers		19

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

## Essex Cross Country Championships

**Hadleigh**

**05 January 2013**

**Senior Men**

<b>101</b>	788	Gary Riches	SM	Colchester & Tendring	22
<b>102</b>	929	Andy Doig	SM	Pitsea RC	23
<b>103</b>	816	Kevin Stevens	SM	Great Bentley RC	25
<b>104</b>	903	Stuart Colley	SM	Orion Harriers	28
<b>105</b>	233	Steve Norris	SM	Witham Running Club	31
<b>106</b>	225	Simon Morgan	SM	Tiptree Road Runners	39
<b>107</b>	792	Paul Thompson	SM	East London Runners	40
<b>108</b>	858	Darren Bottrill	SM	Ilford AC	48
<b>109</b>	807	Ian Lambert	SM	Eton Manor AC	53
<b>110</b>	977	Anthony Marsh	SM	Springfield Striders	59
<b>111</b>	783	Jason Bilton	SM	Colchester Harriers	53: 02
<b>112</b>	804	Adrian Frost	SM	Eton Manor AC	05
<b>113</b>	834	Richard Newman	SM	Harwich Runners	12
<b>114</b>	973	Ken Hands	SM	Springfield Striders	24
<b>115</b>	966	Mark Buckley	SM	Springfield Striders	43
<b>116</b>	784	Dave Gayor	SM	Colchester Harriers	44
<b>117</b>	879	John Whitehous	SM	Loughton	47
<b>118</b>	990	Nick Knight	SM	Thrift Green Trotters	52
<b>119</b>	801	Dave Daugirda	SM	Eton Manor AC	54: 20
<b>120</b>	811	Rob Sommerville	SM	Eton Manor AC	24
<b>121</b>	763	James Waterson	SM	Colchester Harriers	30
<b>122</b>	984	Dan Quartly	SM	Springfield Striders	39
<b>123</b>	982	Phillip Watts	SM	Springfield Striders	40
<b>124</b>	785	Andy Raynor	SM	Colchester Harriers	54
<b>125</b>	833	Richard Flutter	SM	Harwich Runners	55: 00
<b>126</b>	851	Barry Ward	SM	Havering Mayesbrook	05
<b>127</b>	802	Simon Deville	SM	Eton Manor AC	14
<b>128</b>	897	Bill Bennett	SM	Orion Harriers	26
<b>129</b>	981	Andy Thomas	SM	Springfield Striders	49
<b>130</b>	803	Dave Campbell	SM	Eton Manor AC	56
<b>131</b>	819	Tom Fowler	SM	Great Bentley RC	56: 02
<b>132</b>	910	Graham Hall	SM	Orion Harriers	10
<b>133</b>	256	Richard Hogg	SM	Woodford Green with Essex Ladies	17
<b>134</b>	794	Lee Wollaston	SM	East London Runners	18
<b>135</b>	823	John Booty	SM	Great Bentley RC	20
<b>136</b>	210	Mark Cable	SM	Thurrock Harriers	24
<b>137</b>	776	Pat Marsh	SM	Colchester Harriers	32
<b>138</b>	997	Keith Thornton	SM	Thrift Green Trotters	36
<b>139</b>	821	Malcolm Jarvis	SM	Great Bentley RC	38
<b>140</b>	948	David Gibbon	SM	Southend AC	46
<b>141</b>	257	Alistair Holford	SM	Woodford Green with Essex Ladies	55
<b>142</b>	219	Nigel Instance	SM	Thurrock Harriers	57: 16
<b>143</b>	970	Julian Catmull	SM	Springfield Striders	25
<b>144</b>	975	Gary Joslin	SM	Springfield Striders	26
<b>145</b>	780	Arthur Whiston	SM	Colchester Harriers	27
<b>146</b>	827	Mark Ross	SM	Great Bentley RC	32
<b>147</b>	923	Carl Easton	SM	Phoenix Striders	39
<b>148</b>	221	Bernie Johnson	SM	Thurrock Harriers	48
<b>149</b>	736	Myles Coulson	SM	Braintree and District	54
<b>150</b>	228	Edward Skinner	SM	Tiptree Road Runners	59

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)



# Essex Cross Country Championships

05 January 2013

Hadleigh

Senior Men

151	716	Michael Cerny	SM	Benfleet RC	58: 02
152	831	Paul Carlisle	SM	Great Bentley RC	05
153	820	Dan Foster	SM	Great Bentley RC	17
154	797	Steve Adams	SM	Eton Manor AC	21
155	805	Martin Hockey	SM	Eton Manor AC	54
156	230	Marc Underdown	SM	Witham Running Club	59: 26
157	925	Stephen Harris	SM	Phoenix Striders	28
158	924	Chris Footer	SM	Phoenix Striders	32
159	832	John Dixon	SM	Great Bentley RC	54
160	957	Stephen Middleton	SM	Southend AC	60: 11
161	813	Lemuel English	SM	Eton Manor AC	25
162	842	Tony Collins	SM	Havering Mayesbrook	42
163	232	Chris Martin	SM	Witham Running Club	61: 05
164	808	Boguslav Mikolajczuk	SM	Eton Manor AC	38
165	836	Paul Kerrison	SM	Harwich Runners	56
166	234	Stuart Mills	SM	Witham Running Club	62: 20
167	932	Jim Russell	SM	Pitsea RC	29
168	700	Neil Coombs	SM	Basildon AC	37
169	829	Shawn Leek	SM	Great Bentley RC	63: 03
170	701	Ryan Holden	SM	Basildon AC	59
171	884	Brian Butcher	SM	Mid Essex Casuals	64: 13
172	930	Julian Holder	SM	Pitsea RC	56
173	882	Leighton Williams	SM	Mid Essex Casuals	66: 50
174	863	Dan Cogan	SM	Ilford AC	67: 37
175	931	John Tracey	SM	Pitsea RC	68: 34
176	881	David Game	SM	Mid Essex Casuals	47
177	927	David 'Eddie' Mills	SM	Phoenix Striders	70: 04
178	838	Matt Doran	SM	Harwich Runners	73: 11
179	235	Terry Alabaster	SM	Witham Running Club	75: 02
180	735	Ernie Easterby	SM	Billericay Striders	78: 01

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

**Hadleigh**

**Essex Cross Country Championships  
05 January 2013**

**Senior Men**

<b>Team Result</b>	
<b>1</b> Chelmsford AC	31
<b>2</b> Orion Harriers	130
<b>3</b> Colchester Harriers	159
<b>4</b> Woodford Green with Essex Ladies	197
<b>5</b> Springfield Striders	211
<b>6</b> Chelmsford AC 'B'	258
<b>7</b> Ilford AC	343
<b>8</b> Orion Harriers 'B'	385
<b>9</b> Colchester Harriers 'B'	400
<b>10</b> Basildon AC	468
<b>11</b> Eton Manor AC	493
<b>12</b> Thurrock Harriers	493
<b>13</b> Southend AC	494
<b>14</b> Woodford Green with Essex Ladies 'B'	565
<b>15</b> Springfield Striders 'B'	626
<b>16</b> Colchester Harriers 'C'	632
<b>17</b> Great Bentley RC	646
<b>18</b> Harwich Runners	665
<b>19</b> Witham Running Club	837
<b>20</b> Eton Manor AC 'B'	847
<b>21</b> Great Bentley RC 'B'	918

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)