

Essex Cross Country Championships

Colchester

28th November 2015

Under 13 year Boys

Pos	ID	Name	Club	Time	Pos	ID	Name	Club	Time
1	61	Harry Parker	0 Thurrock	9: 03	61				
2	71	Jacob Tofts	0 Woodford Green	9: 05					
3	20	Joseph Morgan	0 Harlow	9: 07					
4	24	Alex Ford	0 Havering	9: 17					
5	50	Daniel Bryant	0 Southend	9: 20					
6	14	Ziggu Lambton	0 Colchester Harriers	9: 24					
7	38	Farris Patel	0 Ilford	9: 25					
8	22	Kai Boggan	0 Harlow	9: 34					
9	19	Ben Sloan	0 Harlow	9: 36					
10	25	Henry Lay	0 Havering	9: 40					
11	64	Jamie Mack	0 Thurrock	9: 42					
12	68	Liam Waldron	0 Woodford Green	9: 42					
13	16	Kyle Gill	0 East Essex Tri	9: 43					
14	27	Ben Naish	0 Havering	9: 46					
15	39	Arun Naget	0 Ilford	9: 48					
16	69	Rhys Edwards	0 Woodford Green	9: 49					
17	3	Daniel Houchell	0 Basildon	9: 51					
18	35	Edward Santini	0 Havering	9: 53					
19	65	Dylan Harrod	0 Thurrock	9: 56					
20	18	Sam Sloan	0 Harlow	9: 57					
21	6	Jack Saunders	0 Basildon	9: 58					
22	15	Sam Shippey	0 Colchester & Tendrin	9: 59					
23	52	Sebastian Poskitt	0 Southend	10: 02					
24	36	Matthew Hick	0 Ilford	10: 04					
25	56	Max Stapleton	0 Southend	10: 07					
26	37	Bradley Deacon	0 Ilford	10: 11					
27	12	Thomas Woodward	0 Chelmsford	10: 14					
28	42	Henry Jones	0 Ilford	10: 16					
29	1	Owen Adams	0 Basildon	10: 22					
30	62	Teddy Norcott	0 Thurrock	10: 22					
31	53	Luke Randall	0 Southend	10: 23					
32	29	Dominic Jarvis	0 Havering	10: 31					
33	5	Billy Saunders	0 Basildon	10: 34					
34	54	George Hay	0 Southend	10: 36					
35	26	Jordan Ryan	0 Havering	10: 38					
36	23	Michael Knowles	0 Harwich	10: 39					
37	30	Tim McDaniel	0 Havering	10: 56					
38	63	Sunny Vehit	0 Thurrock	10: 59					
39	7	Joshua Smith	0 Basildon	11: 01					
40	40	Euan Johnstone	0 Ilford	11: 06					
41	10	James Lee	0 Basildon	11: 14					
42	31	Jake Long	0 Havering	11: 16					
43	75	Daniel Mayes	0 East Essex Tri	11: 18					
44	32	Reece Debenham	0 Havering	11: 23					
45	73	Fred Taylor	0 Woodford Green	12: 03					
46	17	William Mayes	0 East Essex Tri	12: 04					
47	74	Alexander Aldridge	0 Southend	12: 42					

Team Result

1	Harlow	40
2	Havering	46
3	Thurrock	61
4	Ilford	72
5	Woodford Green	75
6	Southend	84
7	Basildon	100
8	Havering 'B'	146

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Under 15 year Boys

Pos	ID	Name	Club	Time	ID	Name
1	17	Elliott Cordery	Chelmsford	12: 20		
2	45	Joseph Owen	Orion	12: 26		
3	14	Connor Page	Braintree	12: 28		
4	27	Sonny Bastone	Colchester & Tendrin	12: 40		
5	33	Lewis Harknett	Harlow	12: 51		
6	15	Thomas Keevil	Chelmsford	13: 01		
7	55	Tom Stuttle	Southend	13: 03		
8	62	Taylor Newell	Thurrock	13: 07		
9	64	Leon Wheeler	Thurrock	13: 09		
10	7	Daniel Riley	Basildon	13: 10		
11	54	Sam Norris	Southend	13: 11		
12	36	John Fennessey	Havering	13: 23		
13	22	Danny Millward	Colchester Harriers	13: 24		
14	50	Jay Shotter	Orion	13: 31		
15	24	Max Caulfield	Colchester Harriers	13: 32		
16	35	Sam Atkins	Havering	13: 33		
17	46	James Wood	Orion	13: 34		
18	65	Sarab Dhillon	Thurrock	13: 34		
19	44	Joseph Clark	Orion	13: 38		
20	52	Craig Wheeler	Southend	13: 40		
21	3	George Hill	Basildon	13: 41		
22	58	Harry Smith	Southend	13: 41		
23	30	Luke Gill	East Essex Tri	13: 41		
24	34	Owen Harknett	Harlow	13: 46		
25	28	Freddy Richardson	Colchester & Tendrin	13: 51		
26	32	Joe Rowson	Enfield & Haringey	13: 52		
27	9	Reece Scott	Basildon	13: 53		
28	68	Joe Geller	Woodford Green	13: 56		
29	71	Todd Maleary	Woodford Green	14: 01		
30	63	Ben Prior	Thurrock	14: 03		
31	39	Alex Friend	Havering	14: 06		
32	8	Luke Savage	Basildon	14: 06		
33	70	Hayden Maleary	Woodford Green	14: 07		
34	20	George Joslin	Chelmsford	14: 13		
35	66	Mason Hambleton	Thurrock	14: 16		
36	25	Alexander Williamson	Colchester Harriers	14: 19		
37	67	Henri Willets	Thurrock	14: 25		
38	49	Liam Brockway	Orion	14: 35		
39	59	Sam Wheatley	Southend	14: 39		
40	11	James White	Basildon	14: 43		
41	43	Jack Hall	Ilford	14: 44		
42	47	Saul Ashon	Orion	14: 49		
43	48	William Jones	Orion	14: 54		
44	29	Thomas Palmer	Colchester & Tendrin	15: 05		
45	23	Joseph Boden	Colchester Harriers	15: 15		
46	40	Billy Fox	Havering	15: 18		
47	1	Matthew Houchell	Basildon	15: 33		
48	61	Ellis Swindell	Thurrock	16: 02		
49	72	Ryan Beame	Woodford Green	16: 06		
50	51	Cameron Campbell	Orion	16: 43		
51	13	Ben Sacctury	Braintree	19: 43		
52	12	Lucas Speed	Braintree	20: 34		

<u>Team Result</u>		
1	Orion	52
2	Southend	60
3	Thurrock	65
4	Basildon	90
5	Havering	105
6	Colchester Harriers	109
7	Woodford Green	139
8	Orion 'B'	173

Essex Cross Country Championships

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28th November 2015

Under 13 Girls

Pos	ID	Name	Club	Time
1	2	Abigail Ives	Basildon	9: 38
2	7	Martha Smith	Chelmsford	9: 47
3	8	Georgia Tombs	Chelmsford	9: 56
4	9	Faye Sweeting	Chelmsford	9: 59
5	24	Charlotte Pratt	Harlow	10: 02
6	31	Sydney Foley	Havering	10: 10
7	3	Hollie Rex	Basildon	10: 12
8	30	Alice Brown	Havering	10: 14
9	5	Sophie Wetheridge	Basildon	10: 16
10	6	Hannah Phipps	Basildon	10: 17
11	10	Hannah Bolton	Chelmsford	10: 18
12	52	Holly Dowsett- Ward	Thurrock	10: 19
13	4	Kierra Scott	Basildon	10: 22
14	25	Savanna Sirkett	Harlow	10: 22
15	40	Becci Leddy	Orion	10: 33
16	55	Wren McLean-Jackson	Woodford & Essex L	10: 34
17	39	Rosie Shaw	Orion	10: 39
18	51	Demi Briggs	Thurrock	10: 42
19	47	Sophie Anderson	Southend	10: 44
20	28	Poppy Ellis	Havering	10: 50
21	14	Evie Smith	Chelmsford	10: 52
22	13	Tia Cocca	Chelmsford	10: 52
23	27	Ellen Savidge	Harlow	11: 01
24	37	Iris Brandon	Orion	11: 02
25	43	Alexandra Dawson	Orion	11: 04
26	50	Hannah Peacock	Thurrock	11: 09
27	34	Annie Grannell	Havering	11: 10
28	56	Georgina Hanford	Woodford & Essex L	11: 13
29	38	Leila Mcbrat	Orion	11: 21
30	11	Sasha Whiley	Chelmsford	11: 25
31	32	Alice Atkins	Havering	11: 28
32	12	Lauren Hazel	Chelmsford	11: 29
33	45	Grace Hayden	Southend	11: 34
34	19	Amy Thompson	Colchester & Tendrin	11: 35
35	44	Ella Phythian	Orion	11: 38
36	35	Rebecca Rourke	Havering	11: 40
37	1	Daizy Harris	Basildon	11: 41
38	46	Robyn Bartholmew	Southend	11: 43
39	54	Leah Brewer	Thurrock	11: 44
40	17	Maizy King	Colchester & Tendrin	11: 44
41	33	Morgan Romain	Havering	11: 56
42	18	Jennifer Palmer	Colchester & Tendrin	12: 06
43	15	Hannah Rodgers	Colchester Harriers	12: 14
44	20	Ciara Martin	East Essex Tri.	12: 33
45	23	Beth Badman	East Essex Tri.	13: 51
46	21	Olivia Parott	East Essex Tri.	14: 06
47	16	Francesca Williamson	Colchester Harriers	14: 19

Team Result

1	Chelmsford	20
2	Basildon	27
3	Havering	61
4	Orion	81
5	Thurrock	95
6	Chelmsford 'B'	105

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Under 15 Girls

Pos	ID	Name	Club	Time	Pos	ID	Name
1	32	Kate O`Neil	Havering	13: 32	50		
2	57	Amber Pullinger	Thurrock	13: 42			
3	49	Joanna Rimmington	Southend	13: 45			
4	30	Jessica Mitchell	Havering	13: 58			
5	15	Helen Dyce	Cambridge & C`ridge	14: 09			
6	29	Lottie Rowedder	Harlow	14: 18			
7	16	Lucy Aitchinson	Chelmsford	14: 37			
8	35	Molly Sweetman	Havering	14: 39			
9	58	Hayley Instance	Thurrock	14: 40			
10	23	Hannah Watson	Colchester Harriers	14: 43			
11	62	Louise Gilbert	Woodford & Essex L	14: 43			
12	12	Courtney Gordon	Braintree	14: 52			
13	22	Pippa Garbutt	Colchester Harriers	14: 55			
14	14	Kiera Hornsby	Braintree	15: 00			
15	38	Grace Dukelow	Havering	15: 04			
16	20	Jasmine West	Colchester Harriers	15: 06			
17	42	Jordan Hinds	Ilford	15: 08			
18	31	Sophie Rand	Havering	15: 09			
19	56	Lucie Ball	Thurrock	15: 12			
20	7	Abbey Rex	Basildon	15: 13			
21	1	Grace Burrell	Basildon	15: 15			
22	13	Abbie Kerr	Braintree	15: 17			
23	43	Aoibheann Pearce	Orion	15: 27			
24	45	Anillie Cole	Orion	15: 43			
25	10	Genevieve Pate	Benfleet	15: 47			
26	60	Sienna Taylor	Woodford & Essex L	15: 56			
27	50	Juliette LeMare	Southend	16: 01			
28	61	Olivia Corbett	Woodford & Essex L	16: 02			
29	46	Scarlett Pochet	Orion	16: 09			
30	33	Catherine Barker	Havering	16: 14			
31	17	Eleanor White	Chelmsford	16: 17			
32	6	Charlotte George	Basildon	16: 24			
33	54	Mia Slesser	Southend	16: 48			
34	24	Elisa Baggott	Colchester & Tendrin	16: 55			
35	18	Alice Bauckham	Chelmsford	17: 01			
36	11	Hannah Mickleburgh	Benfleet	17: 04			
37	36	Chloe Morter	Havering	17: 05			
38	41	Isabella Hicks	Ilford	17: 06			
39	59	Amy Raven	Thurrock	17: 07			
40	4	Emily Kidd	Basildon	17: 07			
41	63	Millie Finch	Woodford & Essex L	17: 29			
42	65	Holly Hembury	Woodford & Essex L	17: 30			
43	21	Jasmine Morley	Colchester Harriers	17: 53			

Team Result

1	Havering	28
2	Thurrock	69
3	Colchester Harriers	82
4	Woodford & Essex L	106
5	Basildon	113

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Pos	ID	Name	Club	Time
1	86	Claire Cornwell	W35 Southend	30: 24
2	11	Emma Prideaux	W35 Billericay	59
3	19	Sally Judd	W35 Chelmsford	31: 10
4	40	Margaret Deasy	W45 Colchester & Tendrin	32: 01
5	17	Wendy King	W35 Chelmsford	05
6	100	Kate Mills	W35 Springfield	06
7	37	Eleanor Mayne	W35 Colchester Harriers	12
8	82	Rebecca White	W35 Saffron Striders	36
9	81	Fiona Wallis	W45 Saffron Striders	43
10	41	Hayley Hawes	W35 East Essx Tri	44
11	13	Chris Howard	W45 Billericay	46
12	21	Denise Morley	W45 Colchester Harriers	53
13	103	Samantha Barnes-Bilbie	W35 Springfield	33: 06
14	30	Marie Shirley	W35 Colchester Harriers	08
15	110	Toni Noble	W35 Thurrock	43
16	91	Tracy English	W35 Southend	52
17	89	Natasha Lagden	W35 Southend	34: 06
18	35	Amanda Henry	W35 Colchester Harriers	13
19	22	Lyn Higgs	W55 Colchester Harriers	15
20	84	Stafanie Godfrey	W45 Saffron Striders	16
21	29	Annette Oakman	W35 Colchester Harriers	35
22	3	Caterine Stunt	W35 Benfleet	35: 01
23	18	Joanne Smith	W45 Chelmsford	02
24	46	Joanne Sullivan	W35 Havering	05
25	32	Debbie Catermole	W45 Colchester Harriers	26
26	20	Samantha Fry	W35 Chelmsford	27
27	119	Liz Stuckey	W35 Witham	28
28	112	Jodie Farrell	W45 Thurrock	34
29	94	Vic Curren	W35 Springfield	39
30	48	Breege Nordin	W55 Ilford	42
31	65	Liz Hall	W35 Orion	49
32	25	Melissa Dowell	W45 Colchester Harriers	52
33	106	Rachael Roughan	W35 Springfield	54
34	28	Rachel Taylor	W35 Colchester Harriers	54
35	104	Samantha Monk	W35 Springfield	36: 04
36	83	Janet Lipski	W35 Saffron Striders	28
37	52	Mel Jones	W45 Ilford	36
38	4	Vanessa Dodds	W45 Benfleet	56
39	97	Helen Bateman	W35 Springfield	37: 16
40	120	Brigid Wallen	W45 Witham	17
41	87	Kasia Kostyrka-Allchorne	W35 Southend	22
42	95	Heather Eastwood	W45 Springfield	34
43	114	Victoria Peacock	W35 Thurrock	38: 11
44	61	Christine Inch	W55 Orion	14
45	69	Tamsin Davies	W35 Phoenix Striders	38
46	117	Vicky Hunt	W35 Witham	39
47	16	Jane Edgar	W55 Billericay	50

48	38	Anita Mussett	W45	Colchester Harriers	39:	02
49	1	Mandy Wetheridge	W35	Basildon		06
50	39	Lydia Cunningham	W45	Colchester Harriers		38
51	50	Nicola Hopkinson	W45	Ilford		50
52	68	Hayley Barron	W35	Orion		58
53	90	Debbie Lyn-Hallam	W35	Southend	40:	05
54	14	Christine Deacon	W45	Billericay		05
55	107	Mary Lloyd	W55	Thrift Green		19
56	15	Joanne Ling	W35	Billericay		54
57	72	Ruth Roberts	W45	Phoenix Striders	41:	06
58	118	Donna Morris	W45	Witham		10
59	98	Karen Chapman	W35	Springfield		56
60	108	Julie Wilson	W35	Thrift Green	42:	05

y Championships

Veteran Women

Pos	ID	Name		Club	Time
61	92	Collette Frampton	W35	Southend	18
62	7	Mandy Cooper	W45	Benfleet	21
63	71	Debbie Smith	W45	Phoenix Striders	21
64	27	Cathy Beard	W55	Colchester Harriers	43
65	8	Annette Johnson	W45	Benfleet	49
66	75	Marion Breeze	W55	Pitsea	53
67	74	Val Sinclair	W55	Pitsea	43: 49
68	96	Elaine Tribley	W55	Springfield	44: 13
69	73	Teresa Flanigan	W55	Pitsea	15
70	93	Sarah Goodwin	W45	Springfield	40
71	36	Fay Smalls	W35	Colchester Harriers	45: 17
72	24	Liz Cudmore	W65	Colchester Harriers	27
73	76	Helen Williams	W55	Pitsea	46: 00
74	70	Nicola Maslen	W45	Phoenix Striders	17
75	43	Julia Woolnough	W55	Halstead	42
76	63	Gill Scott	W55	Orion	47: 04
77	80	Caroline Watson	W45	Pitsea	17
78	10	Joanne Key	W35	Benfleet	25
79	77	Gillian Harrison	W55	Pitsea	49: 17
80	34	Rachel Richardson-Wr	W45	Colchester Harriers	50: 49
81	49	Julie Gillender	W45	Ilford	54: 34
82	47	Kim Baxter	W55	Ilford	60: 48

Team Result

1	Colchester Harriers	51
2	Chelmsford	57
3	Saffron Striders	73
4	Southend	75
5	Springfield	81
6	Colchester Harriers 'B'	97
7	Billericay	114
8	Witham	171
9	Springfield 'B'	175
10	Benfleet	187
11	Colchester Harriers 'C'	196
12	Ilford	199

Essex Cross Count

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28th November 2015

Pos	ID	Name	Club	Time
1	265	Nick Shasha	Orion	27: 21
2	313	Kevin Murphy	Woodford Green	28
3	231	Richard Heath	Colchester Harriers	28: 11
4	261	Barny Foot	Orion	14
5	247	Steve Rand	Havering	15
6	262	Mark Dilton	Orion	17
7	224	Allen Smalls	Colchester Harriers	24
8	284	Paul Dobson	Springfield	29
9	283	Mark Waine	Springfield	35
10	276	Lee Taylor	Southend	41
11	245	Matthew Bland	Havering	47
12	235	Mark Harrod	Colchester Harriers	54
13	316	Gareth Cavell	Woodford Green	29: 03
14	315	Jim Roche	Woodford Green	04
15	287	Gary Chandler	Springfield	09
16	226	Jon Nears	Colchester Harriers	11
17	285	Lee Martin	Springfield	16
18	264	Adam Baker	Orion	22
19	204	Terry Spooner	Benfleet	25
20	267	Colin Read	Orion	34
21	288	Stuart Raven	Springfield	44
22	216	Spencer Welch	Billericay	45
23	311	Peter Catton	Woodford Green	47
24	266	Giles Hopkinson	Orion	49
25	222	Paul Rogers	Colchester Harriers	53
26	248	Martin Chester	Havering	56
27	303	James Crisp	Witham	58
28	306	Peter Riley	Witham	30: 14
29	254	Paul Holloway	Ilford	16
30	269	Tim Wright	Orion	19
31	297	Toby Draper	Thurrock	26
32	290	Stuart Putt	Springfield	33
33	228	Keith Marley	Colchester Harriers	35
34	212	Andy Wright	Billericay	38
35	292	Keith Willett	Thurrock	44
36	271	Adrian Smith	Orion	49
37	253	Kevin Wootton	Ilford	53
38	232	Sean Ketteridge	Colchester Harriers	31: 14
39	251	Paul Berrett	Havering	19
40	218	Lloyd Miles	Billericay	30
41	220	Tom Roberts	Chelmsford	45
42	233	Dan Foster	Colchester Harriers	54
43	259	John Whitehouse	Loughton	32: 00
44	279	James Champion	Southend	04
45	312	James Perry	Woodford Green	05
46	304	Leo Cole	Witham	09
47	249	Paul Wyatt	Havering	33

48	260	Stuart Colley	Orion		38
49	217	Matt Stenning	Billericay		40
50	301	Paul Dellar	Tiptree		48
51	272	Carl Easton	Phoenix Striders	33:	01
52	202	Simon Tippet	Basildon		08
53	229	Russell Goodridge	Colchester Harriers		09
54	305	Stuart Mills	Witham		19
55	237	Matt Knowles	Great Bentley		37
56	252	Steve Walker	Havering		50
57	210	Ian Pike	Benfleet		58
58	207	Brian Venton	Benfleet	345:	01
59	201	David Findlay	Basildon		09
60	274	Al Monte	Southend		42

try Championships

Veteran Men (40)

Pos	ID	Name	Club	Time
61	310	Tony Wallen	0 Witham	59
62	307	Dave Smith	0 Witham	35: 07
63	308	Alex Stuckey	0 Witham	24
64	302	Mark Lawes	0 Tiptree	27
65	227	Simon Moregan	0 Colchester Harriers	50
66	314	Steve Taylor	0 Woodford Green	58
67	289	Ian Brazier	0 Springfield	36: 06
68	214	Colin White	0 Billericay	08
69	309	Lee Pembroke	0 Witham	11
70	223	Pat Marsh	0 Colchester Harriers	18
71	213	Ricky Lee	0 Billericay	40: 03
72	203	Peter Rixson	0 Basildon	41: 50

Team Result

1	Orion	29
2	Colchester Harriers	38
3	Springfield	49
4	Woodford Green	52
5	Havering	81
6	Orion 'B'	110
7	Colchester Harriers 'B'	138
8	Billericay	145
9	Witham	155
10	Witham 'B'	255
11		
12		

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Pos	ID	Name		Club	Time
1	31	Colin Ridley	M50	Colchester Harriers	28: 53
2	68	Stephen Wilcox	M50	Ilford	29: 02
3	23	Mick Bridgeland	M50	Chelmsford	20
4	85	Dean Moy	M50	Orion	38
5	35	Paul Spowage	M50	Colchester Harriers	30: 00
6	102	Simon LeMare	M50	Southend	09
7	58	Neil Crisp	M50	Ilford	11
8	78	Eric Paul	M50	Orion	12
9	101	Alec Kyrakides	M50	Southend	15
10	97	Ian MacDougall	M50	Saffron Striders	20
11	108	John Baker	M50	Thrift Green	29
12	38	Andrew Raynor	M50	Colchester Harriers	
13	34	Peter West	M50	Colchester Harriers	30
14	128	Dave Cox	M60	Woodford Green	33
15	29	Martyn Clarke	M50	Colchester Harriers	46
16	123	Tony Pamphilon	M50	Woodford Green	48
17	112	Don Lawless	M50	Thurrock	51
18	116	Paul green	M50	Thurrock	53
19	107	Chris Purse	M50	Springfield	31: 02
20	115	John Green	M50	Thurrock	13
21	110	Eamonn Shelley	M50	Thurrock	25
22	66	Tony Hyde	M50	Ilford	27
23	105	Paul Jeggo	M50	Springfield	28
24	37	Richard Boden	M50	Colchester Harriers	47
25	3	Nick Rankin	M50	Benfleet	50
26	32	Simon Smith	M50	Colchester Harriers	59
27	11	Ian Budge	M50	Billericay	32: 01
28	5	Michael Valbonesi	M50	Benfleet	03
29	6	Richard Jones	M50	Benfleet	10
30	111	Jon Metcalfe	M50	Thurrock	11
31	63	Tony Nixon	M60	Ilford	15
32	12	Mark Gowers	M50	Billericay	28
33	24	Peter Tullett	M50	Chelmsford	30
34	80	John Lynch	M60	Orion	49
35	117	Mick Bumstead	M60	Thurrock	33: 00
36	10	Eamon Brown	M50	Billericay	01
37	57	Terry Knightley	M50	Ilford	20
38	36	Kevin McAlinden	M50	Colchester Harriers	23
39	130	Nigel Coates	M50	Saffron Striders	24
40	48	Robert Langley	M60	Halstead	30
41	124	Alun Evans	M50	Woodford Green	33
42	20	Steve Foggo	M50	Billericay	39
43	100	Peter Binns	M60	Southend	55
44	33	Arthur Whiston	M50	Colchester Harriers	34: 15
45	96	Andy Bryant	M50	Saffron Striders	21
46	41	Malcolm Jarvis	M50	Great Bentley	40
47	98	Toby Lumsden	M50	Saffron Striders	50

48	76	Phil Davies	M50	Mid Essex Casuals	35:	16
49	42	Rodger Alexander	M50	Great Bentley		17
50	121	Alistair Holford	M50	Woodford Green		19
51	106	Gary Raynor	M60	Springfield		33
52	28	Paul Bryan	M60	Colchester Harriers		44
53	104	Richard Taylor	M60	Springfield		54
54	26	Kevin Kirby	M50	Chelmsford		55
55	17	John Wilson	M60	Billericay	36:	11
56	8	Stephen Burton	M50	Benfleet		16
57	103	Tim Brockington	M50	Springfield		24
58	40	Paul Carlisle	M50	Great Bentley		49
59	64	Peter Spelman	M60	Ilford		51
60	86	Bryan Newman	M60	Orion	37:	15

Championships

Veteran Men (50 +)

Pos	ID	Name		Club	Time
61	49	Mike Grealy	M60	Halstead	20
62	122	Trevor Powell	M60	Woodford Green	22
63	120	Edward Skinner	M50	Tiptree	55
64	62	John Mackenzie	M60	Ilford	38: 00
65	50	John Markham	M50	Halstead	10
66	18	Rick Deacon	M50	Billericay	27
67	87	Duncan Russell	M50	Phoenix Striders	38
68	14	Ian Carmichael	M50	Billericay	48
69	114	Bernie Johnson	M60	Thurrock	58
70	95	Don Sinclair	M50	Pitsea	39: 25
71	94	Peter McLaughlin	M50	Pitsea	40: 18
72	65	Rob Sargent	M60	Ilford	38
73	92	Jim Russell	M50	Pitsea	45
74	13	Keith Walker	M60	Billericay	41: 03
75	119	Rob Hadcraft	M60	Tiptree	21
76	88	David(Eddie)Mills	M50	Phoenix Striders	46
77	60	Martin Clarke	M60	Ilford	42: 12
78	77	David Game	M60	Mid Essex Casuals	17
79	93	David Davidson	M50	Pitsea	31
80	45	Kevin James	M60	Great Bentley	53
81	27	Stephen Williams	M50	Chelmsford	45: 03
82	129	Angus Aldridge	M50	Southend	46: 15
83	90	Peter Bates	M60	Pitsea	45
84	91	Paul Williams	M50	Pitsea	49: 16
85	16	Ernie Easterby	M70	Billericay	51: 12

Team Result

1	Colchester Harriers	31
2	Ilford	62
3	Thurrock	76
4	Colchester Harriers 'B'	103
5	Orion	106
6	Woodford Green	121
7	Billericay	137
8	Benfleet	138
9	Southend	140
10	Saffron Striders	141
11	Springfield	146
12	Chelmsford	171