

Claybury09-01-2016

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
<b>1</b>	663	Ahmed Abdulle	U17M Ilford AC	18: 39
<b>2</b>	679	Canaan Solomon	U17M Woodford Green with Essex Ladies	48
<b>3</b>	638	Mason Webb	U17M Basildon AC	19: 08
<b>4</b>	656	Harrison Smith	U17M East Essex Tri Club	18
<b>5</b>	653	Joseph Patterson	U17M Colchester & Tendring	37
<b>6</b>	671	Daniel Richards	U17M Orion Harriers	40
<b>7</b>	636	Brandon Thorpe	U17M Basildon AC	43
<b>8</b>	674	Tobu Wright	U17M Southend AC	47
<b>9</b>	669	Jordan Chrisostomou	U17M Orion Harriers	20: 01
<b>10</b>	658	Ben Davies	U17M Havering AC	13
<b>11</b>	651	Owen Thomas	U17M Chelmsford AC	18
<b>12</b>	654	Benjamin Miller	U17M Colchester & Tendring	20
<b>13</b>	659	Lewis Debenham	U17M Havering AC	29
<b>14</b>	676	Oliver Mann	U17M Thurrock Harriers	32
<b>15</b>	640	Gus Withers	U17M Basildon AC	39
<b>16</b>	668	George Day	U17M Orion Harriers	42
<b>17</b>	648	Jordan Denyer	U17M Chelmsford AC	46
<b>18</b>	666	Eden Coleman	U17M Orion Harriers	52
<b>19</b>	664	Usamah Patel	U17M Ilford AC	55
<b>20</b>	672	Michael Hodges	U17M Southend AC	58
<b>21</b>	677	Jody Meredith	U17M Thurrock Harriers	21: 05
<b>22</b>	660	Oliver Bath	U17M Havering AC	05
<b>23</b>	680	James Waterfield	U17M Woodford Green with Essex Ladies	08
<b>24</b>	675	Joe Logan	U17M Thurrock Harriers	10
<b>25</b>	681	Harry Cavell	U17M Woodford Green with Essex Ladies	21
<b>26</b>	647	Nathan Brearley	U17M Chelmsford AC	27
<b>27</b>	661	Oliver Morter	U17M Havering AC	22: 20
<b>28</b>	657	James Stewart	U17M Havering AC	31
<b>29</b>	678	Samuel Smith	U17M Thurrock Harriers	33
<b>30</b>	665	Josh Iton	U17M Orion Harriers	38
<b>31</b>	655	Ben Goodwin	U17M East Essex Tri Club	45
<b>32</b>	682	Owen Armstrong	U17M Woodford Green with Essex Ladies	46
<b>33</b>	646	Conor Culham	U17M Braintree & District	23: 08
<b>34</b>	652	William Gray	U17M Chelmsford AC	11
<b>35</b>	662	Kieran O'Hara	U17M Havering AC	12
<b>36</b>	637	Sam Walsh	U17M Basildon AC	21

## Intry Championships

### Under 17 Men

#### Team Result

<b>1</b>	Orion Harriers	49
<b>2</b>	Basildon AC	61
<b>3</b>	Havering AC	72
<b>4</b>	Woodford Green with Essex Ladies	82
<b>5</b>	Thurrock Harriers	88
<b>6</b>	Chelmsford AC	88

Essex Cross Country

Claybury

09-01-2016

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
<b>1</b>	527	Khahisa Mhlanga	U17W Chelmsford AC	20 43
<b>2</b>	526	Jodie Judd	U17W Chelmsford AC	21 00
<b>3</b>	528	Rachael Broome	U17W Chelmsford AC	37
<b>4</b>	523	Sinead Clark	U17W Benfleet RC	22 10
<b>5</b>	520	Niamh Smith	U17W Basildon AC	23 33
<b>6</b>	530	Lydia Callan	U17W Chelmsford AC	57
<b>7</b>	517	Jemima Walker	U17W Basildon AC	24 01
<b>8</b>	525	Emma Perks	U17W Chelmsford AC	05
<b>9</b>	531	Georgina Sturgeon	U17W Colchester & Tendring	26 26
<b>10</b>	533	Lois Wyatt	U17W Havering AC	30
<b>11</b>	518	Meg Rapley	U17W Basildon AC	39
<b>12</b>	534	Georgia Phillips	U17W Havering AC	28 36

**Championships**

**Under 17 Women**

**Team Result**

1 Chelmsford AC	12
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**Essex Cross Country Ch****Claybury****09-01-2016**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
<b>1</b>	483	Gemma Holloway	U20W Thurrock Harriers	19 50
<b>2</b>	470	Megan Williams	U20W Chelmsford AC	23 02
<b>3</b>	474	Sarah Wilson	U20W Havering AC	43
<b>4</b>	471	Katie Solis	U20W Chelmsford AC	53
<b>5</b>	467	Victoria Hiscock	U20W Benfleet RC	24 04
<b>6</b>	472	Isabella Woods	U20W Havering AC	25 16
<b>7</b>	482	Annabel Matthews-Smith	U20W Southend AC	26
<b>8</b>	477	Joelle Ewen	U20W Orion Harriers	26 33
<b>9</b>	478	Serena Espeute	U20W Orion Harriers	28 58
<b>10</b>	476	Madeleine Carr	U20W Orion Harriers	28 13
<b>11</b>	480	Hannah Julian	U20W Orion Harriers	32 45

Championships

Under 20 Women

Team Result

1 Orion Harriers	38
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Essex Cross Countr

Claybury

09-01-2016

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	873	Jordan Rowe	U20M Colchester Harriers	28: 48
2	862	George Elliott	U20M Basildon AC	58
3	874	Ramadan Osman	U20M Colchester & Tendring	29: 50
4	871	Darren Blackwell	U20M Chelmsford AC	30: 03
5	885	Joe Ray	U20M Southend AC	07
6	866	Adam Houchell	U20M Basildon AC	15
7	861	Dan Ashley	U20M Basildon AC	47
8	867	James Hiscock	U20M Benfleet RC	31: 53
9	876	Matthew Braybrook	U20M Havering AC	32: 04
10	884	Dominc LeMare	U20M Southend AC	19
11	880	Thomas Young	U20M Orion Harriers	20
12	879	Charlie Weston	U20M Orion Harriers	34: 00
13	875	Abdul Mohamed	U20M Havering AC	17
14	882	Joel Hayhow	U20M Orion Harriers	35: 54
15	860	Steve Davies	U20M Basildon AC	57
16	864	Joe Payne	U20M Basildon AC	37: 45

**y Championships**

**Under 20 Men**

**Team Result**

1 Basildon AC

30



Essex Cross Country Champions

Claybury

09-01-2016

<b>Pos</b>	<b>No</b>	<b>Name</b>		<b>Club</b>	<b>Time</b>
1	302	Gemme Kersey	SW	Basildon AC	30: 02
2	400	Stacey Ward	SW	Herne Hill Harriers	33
3	372	Alex Gounelas	SW	Eton Manor AC	32: 07
4	449	Joanne Wilkinson	SW	Thurrock Harriers	21
5	334	Sarah Strading	SW	Colchester Harriers	26
6	394	Alexa Joel	SW	Havering AC	32
7	466	Emma Houchell	SW	Basildon AC	56
8	326	Megan Evans	SW	Chelmsford AC	33: 21
9	337	Laura Shewbridge	SW	Colchester Harriers	57
10	427	Clare Cornwell	SW	Southend AC	34: 00
11	327	Gemma Barry	SW	Chelmsford AC	11
12	325	Sally Judd	SW	Chelmsford AC	18
13	301	Kirsty Tydeman	SW	Basildon AC	25
14	306	Laura Brooks	SW	Basildon AC	29
15	330	Rebecca Cole	SW	Chelmsford AC	32
16	350	Hayley Hawes	SW	East Essex Tri Club	56
17	407	Clare Thurgood	SW	Orion Harriers	35: 18
18	442	Samantha Barnes Bilbie	SW	Springfield Striders	19
19	397	Vicky Smith	SW	Havering AC	26
20	338	Denise Morley	SW	Colchester Harriers	50
21	461	Rachel Lund	SW	Woodford Green with Essex Ladies	36: 21
22	418	Fiona Halls	SW	Saffron Striders	22
23	465	Emily Bullis	SW	Basildon AC	29
24	431	Tracey English	SW	Southend AC	35
25	348	Debbie Cattermole	SW	Colchester Harriers	51
26	355	Jennifer Ansell	SW	East London Runners	54
27	309	Charmaine Sterling	SW	Benfleet RC	58
28	430	Sarah Pennington	SW	Southend AC	37: 04
29	370	Sharon Bolister	SW	Eton Manor AC	05
30	339	Rebecca Cooke	SW	Colchester Harriers	06
31	454	Rachel Morison	SW	Victoria Park Harriers	07
32	396	Robyn Matson	SW	Havering AC	07
33	423	Natasha Lagden	SW	Southend AC	18
34	336	Lyn Higgs	SW	Colchester Harriers	22
35	307	Louise Douglass	SW	Basildon AC	27
36	444	Toni Noble	SW	Thurrock Harriers	34
37	305	Charlotte Bishop	SW	Basildon AC	46
38	410	Hayley Rogerson	SW	Orion Harriers	38: 07
39	343	Ella Neale	SW	Colchester Harriers	26
40	373	Clair Fisher	SW	Eton Manor AC	36
41	401	Jenni Sheehan	SW	Ilford AC	36
42	440	Rachael Roughan	SW	Springfield Striders	39: 03

<b>43</b>	395	Jo Sillivan	SW	Havering AC		09
<b>44</b>	432	Polly Bridgman	SW	Springfield Striders		13
<b>45</b>	420	Kasia Kostyrka	SW	Southend AC		36
<b>46</b>	380	Claire Wagh	SW	Eton Manor AC	40:	00
<b>47</b>	371	Niomi Dews	SW	Eton Manor AC		05
<b>48</b>	391	Maddy Lewis	SW	Harwich Runners		19
<b>49</b>	403	Breege Nordin	SW	Ilford AC		22
<b>50</b>	311	Kate Wilkinson	SW	Benfleet RC		39
<b>51</b>	367	Eleanor Wilkinson	SW	East London Runners	41:	00
<b>52</b>	447	Jodie Farrell	SW	Thurrock Harriers		14
<b>53</b>	354	Rebecca Young	SW	East London Runners		26
<b>54</b>	451	Victoria Peacock	SW	Thurrock Harriers		41
<b>55</b>	322	Jane Edgar	SW	Billericay Striders		49
<b>56</b>	386	Mel Candler	SW	Halsted Road Runners		54
<b>57</b>	409	Mary Armitage	SW	Orion Harriers		56
<b>58</b>	351	Sarah Burns	SW	East London Runners	42:	11
<b>59</b>	384	Hazel Buist	SW	Halsted Road Runners		15
<b>60</b>	381	Zoe Woodward	SW	Eton Manor AC		19
<b>61</b>	402	Nicola Hopkinson	SW	Ilford AC		30
<b>62</b>	411	Danielle Hughes	SW	Phoenix Striders		41
<b>63</b>	317	Wendy Reed	SW	Billericay Striders		45
<b>64</b>	453	Joyce Berry	SW	Victoria Park Harriers	43:	09
<b>65</b>	383	Wendy Carter	SW	Halsted Road Runners		18
<b>66</b>	448	Charlotte Edwards	SW	Thurrock Harriers		23
<b>67</b>	388	Carrie Hook	SW	Harwich Runners		35
<b>68</b>	419	Collette Frampton	SW	Southend AC		40
<b>69</b>	393	Elsbeth Knott	SW	Harwich Runners		52
<b>70</b>	379	Louise Vacher	SW	Eton Manor AC	44:	09
<b>71</b>	359	Sheetal Dandgey	SW	East London Runners		40
<b>72</b>	433	Sharon Bannister	SW	Springfield Striders		58
<b>73</b>	385	Rosie Atkins	SW	Halsted Road Runners	45:	01
<b>74</b>	312	Annette Johnson	SW	Benfleet RC		03
<b>75</b>	452	Lindsey Rolerkite	SW	Tiptree RR		12
<b>76</b>	441	Kirsty Williams	SW	Springfield Striders		18
<b>77</b>	352	Maud Hodson	SW	East London Runners		27
<b>78</b>	424	Debby Lynn Hallam	SW	Southend AC		38
<b>79</b>	356	Lucy Barron	SW	East London Runners		48
<b>80</b>	320	Christine Deacon	SW	Billericay Striders	46:	00
<b>81</b>	361	Gemma Foxall	SW	East London Runners		06
<b>82</b>	435	Karen Chapman	SW	Springfield Striders		17
<b>83</b>	377	Paula Steere	SW	Eton Manor AC		22
<b>84</b>	319	Jo Ling	SW	Billericay Striders		30
<b>85</b>	365	Celia Payaneeandee	SW	East London Runners		35
<b>86</b>	436	Elaine Tribley	SW	Springfield Striders		55
<b>87</b>	376	Jenni Hall	SW	Eton Manor AC	47:	16
<b>88</b>	366	Gina Radford	SW	East London Runners		27
<b>89</b>	369	Rachel Brittle	SW	Eton Manor AC		39
<b>90</b>	360	Fiona Day	SW	East London Runners	48:	06

<b>91</b>	439	Amelie Mollinghoff	SW	Springfield Striders		38
<b>92</b>	414	Debbie Smith	SW	Phoenix Striders		39
<b>93</b>	415	Theresa Howe	SW	Pitsea RC	49:	30
<b>94</b>	404	Melinda Jones	SW	Ilford AC	50:	15
<b>95</b>	405	Krystle Balogun	SW	Ilford AC		38
<b>96</b>	417	Teresa Flannigan	SW	Pitsea RC	51:	11
<b>97</b>	413	Nicola Maslen	SW	Phoenix Striders		31
<b>98</b>	387	Nicole Smith	SW	Halsted Road Runners		33
<b>99</b>	368	Sasha Ackland	SW	Eton Manor AC		46
<b>100</b>	353	Caroline Moore	SW	East London Runners		54
<b>101</b>	416	Angela Smith	SW	Pitsea RC	52:	03
<b>102</b>	389	Michelle Greenfield	SW	Harwich Runners	53:	29
<b>103</b>	406	Doris Gaga	SW	Ilford AC	54:	22
<b>104</b>	378	Christina Watson	SW	Eton Manor AC	57:	32

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**Senior Women**

**Team Result**

<b>1</b>	Basildon AC	35
<b>2</b>	Chelmsford AC	46
<b>3</b>	Colchester Harriers	59
<b>4</b>	Southend AC	95
<b>5</b>	Havering AC	100
<b>6</b>	Eton Manor AC	118
<b>7</b>	Thurrock Harriers	146
<b>8</b>	Springfield Striders	176
<b>9</b>	East London Runners	188
<b>10</b>	Ilford AC	245
<b>11</b>	Halsted Road Runners	253
<b>12</b>	Eton Manor AC 'B'	260
<b>13</b>	Billericay Striders	282
<b>14</b>	Harwich Runners	286
<b>15</b>	East London Runners 'B'	308
<b>16</b>	Springfield Striders 'B'	335
<b>17</b>	East London Runners 'C'	363
<b>18</b>	Eton Manor AC 'C'	379





**Essex Cross Country Championships****Claybury****09-01-2016**

<b>Pos</b>	<b>No</b>	<b>Name</b>		<b>Club</b>	<b>Time</b>
<b>1</b>	274	Tom Phillips	SM	Woodford Green with Essex Ladies	39: 43
<b>2</b>	236	Tristan Windley	SM	Springfield Striders	40: 08
<b>3</b>	275	Tom Beedell	SM	Woodford Green with Essex Ladies	22
<b>4</b>	300	Angus Holford	SM	Woodford Green with Essex Ladies	33
<b>5</b>	40	Chris Sellens	SM	Colchester Harriers	48
<b>6</b>	35	Grant Twist	SM	Chelmsford AC	51
<b>7</b>	34	Mark Sanford	SM	Chelmsford AC	41: 12
<b>8</b>	41	Carwyn Jones	SM	Colchester Harriers	16
<b>9</b>	289	Kevin Murphy	SM	Woodford Green with Essex Ladies	22
<b>10</b>	229	Tom Cammack	SM	Springfield Striders	26
<b>11</b>	2	Grant Webb	SM	Basildon AC	28
<b>12</b>	38	Will Wright	SM	Chelmsford AC	33
<b>13</b>	149	Tom Gardner	SM	Ilford AC	37
<b>14</b>	26	Crispian Bloomfield	SM	Billericay Striders	43
<b>15</b>	249	Alec Finch	SM	Thurock Harriers	42: 04
<b>16</b>	292	Daniel Steel	SM	Woodford Green with Essex Ladies	11
<b>17</b>	42	Darren Farrugia	SM	Colchester Harriers	31
<b>18</b>	276	Harold Wyber	SM	Woodford Green with Essex Ladies	42
<b>19</b>	145	Malcolm Muir	SM	Ilford AC	48
<b>20</b>	179	Jack Stroud	SM	Orion Harriers	53
<b>21</b>	139	Rob Warner	SM	Havering AC	59
<b>22</b>	165	Daniel Moses	SM	Orion Harriers	43: 07
<b>23</b>	283	Tony Russell	SM	Woodford Green with Essex Ladies	13
<b>24</b>	151	Blair McWhirter	SM	Ilford AC	18
<b>25</b>	131	Paul Grange	SM	Havering AC	23
<b>26</b>	293	Darren Southcott	SM	Woodford Green with Essex Ladies	32
<b>27</b>	120	Robert Reason	SM	Harwich Runners	37
<b>28</b>	44	Richard Heath	SM	Colchester Harriers	41
<b>29</b>	200	Oliver Kyrakides	SM	Southend AC	47
<b>30</b>	172	Barny Foot	SM	Orion Harriers	56
<b>31</b>	169	Ian Clark	SM	Orion Harriers	44: 07
<b>32</b>	210	Pat Walsh	SM	Southend AC	29
<b>33</b>	222	Lee Taylor	SM	Southend AC	37
<b>34</b>	227	Gav Allen	SM	Springfield Striders	39
<b>35</b>	174	Colin Read	SM	Orion Harriers	41
<b>36</b>	90	Thomas Grimes	SM	East London Runners	45
<b>37</b>	166	Fabio Rizzo	SM	Orion Harriers	51
<b>38</b>	18	Kurtis Swan	SM	Billericay Striders	52
<b>39</b>	287	Joe Everitt	SM	Woodford Green with Essex Ladies	54
<b>40</b>	53	Mark Harrod	SM	Colchester Harriers	56
<b>41</b>	45	Colin Ridley	SM	Colchester Harriers	45: 09
<b>42</b>	171	Nial McGoun	SM	Orion Harriers	15

<b>43</b>	132	Mat Bland	SM	Havering AC		21
<b>44</b>	284	Jim Roche	SM	Woodford Green with Essex Ladies		29
<b>45</b>	225	James Smith	SM	Springfield Striders		33
<b>46</b>	233	Chris Burgoyne	SM	Springfield Striders		40
<b>47</b>	288	Rob Wilbraham	SM	Woodford Green with Essex Ladies		41
<b>48</b>	148	Paul Holloway	SM	Ilford AC		42
<b>49</b>	290	Julian Russell	SM	Woodford Green with Essex Ladies		42
<b>50</b>	74	Lee Baynton	SM	East Essex Tri Club		47
<b>51</b>	281	Gareth Cavell	SM	Woodford Green with Essex Ladies	46:	07
<b>52</b>	235	Stuart Raven	SM	Springfield Striders		10
<b>53</b>	223	Anthony Goodall	SM	Springfield Striders		11
<b>54</b>	219	Callum Wallace	SM	Southend AC		16
<b>55</b>	137	Ian Anthony	SM	Havering AC		21
<b>56</b>	48	Paul Rogers	SM	Colchester Harriers		25
<b>57</b>	294	Pete Caton	SM	Woodford Green with Essex Ladies		30
<b>58</b>	128	Mark Lloyd	SM	Harwich Runners		32
<b>59</b>	280	Louis Clark	SM	Woodford Green with Essex Ladies		38
<b>60</b>	152	Steve Philcox	SM	Ilford AC		47
<b>61</b>	5	Graham Booty	SM	Benfleet RC	47:	05
<b>62</b>	50	Jon Nears	SM	Colchester Harriers		15
<b>63</b>	173	Paul Bolton	SM	Orion Harriers		16
<b>64</b>	141	Martin Chester	SM	Havering AC		18
<b>65</b>	160	Adrian Smith	SM	Orion Harriers		21
<b>66</b>	135	Jason Crispin	SM	Havering AC		23
<b>67</b>	147	Sam Rahman	SM	Ilford AC		43
<b>68</b>	201	Alec Kyrakides	SM	Southend AC		53
<b>69</b>	153	John Whitehoues	SM	Loughton		58
<b>70</b>	82	Jon Brombley	SM	East London Runners	48:	00
<b>71</b>	267	Gary Bagnall	SM	Victoria Park Harriers		15
<b>72</b>	91	Dan Gritton	SM	East London Runners		23
<b>73</b>	224	Paul Anderson	SM	Springfield Striders		26
<b>74</b>	102	David Cato	SM	Eton Manor AC		31
<b>75</b>	238	Tom Gunning	SM	Springfield Striders		35
<b>76</b>	124	Sam Gooding-Matthews	SM	Harwich Runners		37
<b>77</b>	100	Paul Boddey	SM	Eton Manor AC		
<b>78</b>	146	Neil Crisp	SM	Ilford AC		40
<b>79</b>	150	Kevin Wotton	SM	Ilford AC		44
<b>80</b>	47	Martyn Clarke	SM	Colchester Harriers		47
<b>81</b>	6	Terry Spooner	SM	Benfleet RC	49:	13
<b>82</b>	49	Peter West	SM	Colchester Harriers		25
<b>83</b>	61	Keith Marley	SM	Colchester Harriers		37
<b>84</b>	296	James Perry	SM	Woodford Green with Essex Ladies		42
<b>85</b>	16	Lloyd Miles	SM	Billericay Striders		45
<b>86</b>	218	Charlie Parker	SM	Southend AC	50:	01
<b>87</b>	75	Andrew Doig	SM	East Essex Tri Club		02
<b>88</b>	176	Robert Hayday	SM	Orion Harriers		08
<b>89</b>	110	Simon Cottle	SM	Eton Manor AC		10
<b>90</b>	10	Nick Rankin	SM	Benfleet RC		11



<b>91</b>	101	Paul Cates	SM	Eton Manor AC		12
<b>92</b>	203	James Champion	SM	Southend AC		26
<b>93</b>	268	Paul Mee	SM	Victoria Park Harriers		50
<b>94</b>	144	Robin McNelis	SM	Ilford AC		52
<b>95</b>	52	Russell Goodridge	SM	Colchester Harriers		56
<b>96</b>	89	Spencer Evans	SM	East London Runners	51:	03
<b>97</b>	55	David Wright	SM	Colchester Harriers		16
<b>98</b>	181	David Wilson	SM	Orion Harriers		26
<b>99</b>	246	Jon Metcalf	SM	Thurock Harriers		30
<b>100</b>	189	Carl Easton	SM	Phoenix Striders		35
<b>101</b>	59	James Waterson	SM	Colchester Harriers		47
<b>102</b>	192	Jack Morris	SM	Pitsea RC		48
<b>103</b>	271	Scot Darney	SM	Witham RC		48
<b>104</b>	266	Paul Dellar	SM	Tiptree Road Runners		58
<b>105</b>	230	Mark Buckley	SM	Springfield Striders	52:	05
<b>106</b>	121	Andre Besant	SM	Harwich Runners		11
<b>107</b>	270	Leo Cole	SM	Witham RC		15
<b>108</b>	297	Neil Ford	SM	Woodford Green with Essex Ladies		24
<b>109</b>	80	Aaron Browne	SM	East London Runners		33
<b>110</b>	118	Richard Candler	SM	Halstead Road Runners		54
<b>111</b>	188	Ewan McFarlane	SM	Phoenix Striders		56
<b>112</b>	67	Joel Denning	SM	Dagenham 88 Runners		59
<b>113</b>	85	Andrew Baxter	SM	East London Runners	53:	17
<b>114</b>	226	Jon Byford	SM	Springfield Striders		22
<b>115</b>	142	Steve Walker	SM	Havering AC		28
<b>116</b>	81	Ciaran Canavan	SM	East London Runners		33
<b>117</b>	161	Ben Rowlands	SM	Orion Harriers		46
<b>118</b>	58	Dan Marks	SM	Colchester Harriers		48
<b>119</b>	126	Aaron Rudkin	SM	Harwich Runners		48
<b>120</b>	12	Brian Venton	SM	Benfleet RC		51
<b>121</b>	177	Scott Reid	SM	Orion Harriers		58
<b>122</b>	107	Dan Hall	SM	Eton Manor AC	54:	00
<b>123</b>	117	Jon Buist	SM	Halstead Road Runners		11
<b>124</b>	252	Mick Bumstead	SM	Thurock Harriers		16
<b>125</b>	269	Marc Underdown	SM	Witham RC		18
<b>126</b>	205	Al Monte	SM	Southend AC		40
<b>127</b>	178	Tim Freeland	SM	Orion Harriers		44
<b>128</b>	79	James Nichols	SM	East London Runners		48
<b>129</b>	143	Terry Knightley	SM	Ilford AC		53
<b>130</b>	155	Mick Rolfe	SM	Loughton	55:	00
<b>131</b>	207	Peter Binns	SM	Southend AC		09
<b>132</b>	299	Mark Cambridge	SM	Woodford Green with Essex Ladies		14
<b>133</b>	88	Carlton D'Souza	SM	East London Runners		24
<b>134</b>	116	Sam Wolton	SM	Halstead Road Runners		24
<b>135</b>	96	Paul Thompson	SM	East London Runners		33
<b>136</b>	56	Simon Morgan	SM	Colchester Harriers		38
<b>137</b>	23	Steve Foggo	SM	Billericay Striders		40
<b>138</b>	8	Andy Low	SM	Benfleet RC		43

<b>139</b>	234	Gary Robbins	SM	Springfield Striders		58
<b>140</b>	111	Owen Forster	SM	Eton Manor AC	56:	24
<b>141</b>	103	Dave Daugirda	SM	Eton Manor AC		25
<b>142</b>	11	Mick Valbonesi	SM	Benfleet RC		45
<b>143</b>	95	Iain Mackie	SM	East London Runners	57:	02
<b>144</b>	29	Kevin Kirby	SM	Chelmsford AC		11
<b>145</b>	93	John Healy	SM	East London Runners		17
<b>146</b>	113	Rob Sommerville	SM	Eton Manor AC		20
<b>147</b>	87	Dominic Dragonetti	SM	East London Runners	58:	03
<b>148</b>	129	Richard Newman	SM	Harwich Runners		12
<b>149</b>	108	David Crackles	SM	Eton Manor AC		18
<b>150</b>	187	Chris Footer	SM	Phoenix Striders		24
<b>151</b>	162	Brian Jenkins	SM	Orion Harriers		34
<b>152</b>	272	Mark Austin	SM	Witham RC		35
<b>153</b>	86	Grant Conway	SM	East London Runners		39
<b>154</b>	99	Steve Adams	SM	Eton Manor AC		46
<b>155</b>	57	Patrick Marsh	SM	Colchester Harriers	59:	00
<b>156</b>	14	Stephen Burton	SM	Benfleet RC		03
<b>157</b>	273	Alex Stuckey	SM	Witham RC		37
<b>158</b>	106	Adrian Frost	SM	Eton Manor AC	60:	12
<b>159</b>	127	Nick Beales	SM	Harwich Runners		26
<b>160</b>	123	Justin Cooper- Keeble	SM	Harwich Runners		29
<b>161</b>	92	Peter Hatley	SM	East London Runners	61:	37
<b>162</b>	20	Laurence Harrison	SM	Billericay Striders		46
<b>163</b>	237	Gerry Greenwold	SM	Springfield Striders		50
<b>164</b>	228	Mark Moughton	SM	Springfield Striders		51
<b>165</b>	115	Andy Carter	SM	Halstead Road Runners	62:	04
<b>166</b>	15	Kieran O'Doherty	SM	Billericay Striders		48
<b>167</b>	125	Matt Doran	SM	Harwich Runners		54
<b>168</b>	112	Paul Manson	SM	Eton Manor AC	63:	29
<b>169</b>	158	Brian Butcher	SM	Mid Essex Casuals	64:	45
<b>170</b>	194	Jim Russell	SM	Pitsea RC	65:	00
<b>171</b>	64	Gary Cardnell	SM	Dagenham 88 Runners		11
<b>172</b>	185	Duncan Russell	SM	Phoenix Striders	66:	14
<b>173</b>	25	Graham Jones	SM	Billericay Striders		26
<b>174</b>	122	Kieran Callaghan	SM	Harwich Runners		52
<b>175</b>	105	Peter McKerrell	SM	Eton Manor AC	67:	39
<b>176</b>	157	Ray Vautier	SM	Mid Essex Casuals	68:	02
<b>177</b>	62	Trevor Robinson	SM	Dagenham 88 Runners		10
<b>178</b>	98	Christian Turnbull	SM	East London Runners		40
<b>179</b>	193	Pete McLaughlin	SM	Pitsea RC	69:	46
<b>180</b>	22	Ernie Easterby	SM	Billericay Striders	70:	08
<b>181</b>	232	Dennis Sherwood	SM	Springfield Striders	71:	56
<b>182</b>	97	Jason Levy	SM	East London Runners	72:	38
<b>183</b>	190	David 'Eddie' Mills	SM	Phoenix Striders	73:	22
<b>184</b>	191	David Davidson	SM	Pitsea RC	74:	48

## Senior Men

### Team Result

<b>1</b>	Woodford Green with Essex Ladies	51
<b>2</b>	Colchester Harriers	139
<b>3</b>	Orion Harriers	175
<b>4</b>	Springfield Striders	189
<b>5</b>	Woodford Green with Essex Ladies 'B'	228
<b>6</b>	Ilford AC	231
<b>7</b>	Havering AC	274
<b>8</b>	Southend AC	302
<b>9</b>	Colchester Harriers 'B'	458
<b>10</b>	Orion Harriers 'B'	473
<b>11</b>	Woodford Green with Essex Ladies 'C'	491
<b>12</b>	East London Runners	496
<b>13</b>	Harwich Runners	534
<b>14</b>	Springfield Striders 'B'	559
<b>15</b>	Eton Manor AC	593
<b>16</b>	Billericay Striders	602
<b>17</b>	Benfleet RC	632
<b>18</b>	East London Runners 'B'	800
<b>19</b>	Eton Manor AC 'B'	916





