

Essex Cross Country Championships

U17M

Claybury

07-01-2017

Pos	No	Name	Club	Time
1	29	Joseph Owen	U17M Orion Harriers	17: 53
2	8	Elliott Cordery	U17M Chelmsford AC	57
3	11	Connor Page	U17M Chelmsford AC	18: 02
4	21	Lewis Harknett	U17M Harlow AC	31
5	9	Tom Keevil	U17M Chelmsford AC	43
6	2	Isaac Brown	U17M Basildon AC	19: 06
7	33	Sam Norris	U17M Southend AC	08
8	13	Jake Young	U17M Colchester Harriers	15
9	30	Joseph Clark	U17M Orion Harriers	26
10	23	Sam Atkins	U17M Havering AC	31
11	42	Sarab Dhillon	U17M Thurrock Harriers	44
12	20	Benjamin Miller	U17M Colchester & Tendring	46
13	14	Oscar Dawson	U17M Colchester Harriers	59
14	12	Charlie Everest	U17M Chelmsford AC	20: 10
15	39	Joe Logan	U17M Thurrock Harriers	14
16	24	Lewis Debenham	U17M Havering AC	23
17	85	Luke Gill	U17M East Essex Tri	33
18	41	Taylor Newell	U17M Thurrock Harriers	40
19	18	Freddy Richardson	U17M Colchester & Tendring	45
20	34	Harry Smith	U17M Southend AC	21: 01
21	10	Harry Tullett	U17M Chelmsford AC	05
22	32	Tom Stuttle	U17M Southend AC	13
23	38	Matt Norris	U17M Southend AC	15
24	25	Oliver Bath	U17M Havering AC	17
25	7	Dexter Goward	U17M Benfleet RC	26
26	84	Ben Goodwin	U17M East Essex Tri	29
27	3	Reece Scott	U17M Basildon AC	36
28	26	Oliver Morter	U17M Havering AC	40
29	43	George Joslin	U17M Chelmsford AC	52
30	5	George Applewhite	U17M Basildon AC	23: 27
31	22	Archie Barrington	U17M Harwich Runners	30
32	37	Craig Wheeler	U17M Southend AC	25: 47

Team Result

1	Chelmsford AC	24
2	Southend AC	72
3	Havering AC	78

Essex Cross Country Championships

U17W

Claybury

07-01-2017

Pos	No	Name	Club	Time
1	549	Jessica Mitchell	U17W Havering AC	20: 12
2	551	Kate O'Neill	U17W Havering AC	41
3	559	Amber Pullinger	U17W Thurrock Harriers	21: 12
4	546	Rachael Broome	U17W Chelmsford AC	13
5	542	Sinead Clark	U17W Benfleet RC	44
6	547	Hannah Watson	U17W Colchester Harriers	47
7	554	Joanna Rimmington	U17W Southend AC	22: 16
8	550	Sophie Rand	U17W Havering AC	22
9	562	Louise Gilbert	U17W WG & EL	23: 25
10	548	Elsie Gray	U17W Colchester & Tendring	31
11	557	Jenna Williams	U17W Southend AC	24: 25
12	541	Abbey Rex	U17W Basildon AC	53
13	553	Jordan Hinds	U17W Ilford AC	25: 03
14	552	Catherine Barker	U17W Havering AC	29
15	558	Lucie Ball	U17W Thurrock Harriers	38
16	556	Mia Slesser	U17W Southend AC	27: 20

Team Result

1 Havering AC 25

Essex Cross Country Championships

U20W

Claybury

07-01-2017

Pos	No	Name	Club	Time
1	812	Jodie Judd	U20W Chelmsford AC	20: 06
2	825	Alicia McArdell	U20W WG & EL	23: 43
3	818	Sarah Wilson	U20W Havering AC	24: 03
4	811	Hannah Irwin	U20W Braintree & District	49
5	817	Amy Baggs	U20W Havering AC	25: 12
6	821	Annabel Matthews-Smith	U20W Southend AC	17
7	823	Iona Doyle	U20W Southend AC	27: 17
8	824	Ellen Williams	U20W Southend AC	27
9	820	Natasha Walter	U20W Southend AC	28: 15
10	816	Georgia Phillips	U20W Havering AC	21

Team Result

1 Southend AC 30

Essex Cross Country Championships

U20M

Claybury

07-01-2017

Pos	No	Name	Club	Time
1	61	Callum Charleston	U20M Chelmsford AC	27: 14
2	73	Ahmed Abdulle	U20M Ilford AC	19
3	71	Ben Davis	U20M Havering AC	28: 21
4	51	Harrison Smith	U20M Basildon AC	29
5	62	Ramadan Osman	U20M Colchester Harriers	33
6	76	Daniel Richards	U20M Orion Harriers	46
7	75	George Day	U20M Orion Harriers	29: 00
8	55	Max Jones	U20M Basildon AC	09
9	52	Brandon Thorpe	U20M Basildon AC	18
10	74	Jordan Chrisostomou	U20M Orion Harriers	25
11	82	Samuel Smith	U20M Thurrock Harriers	42
12	63	Joseph Patterson	U20M Colchester & Tendring	30: 00
13	69	James Stewart	U20M Havering AC	31: 03
14	83	Shay White	U20M Orion Harriers	10
15	79	Dominic LeMare	U20M Southend AC	51
16	53	Christian Gray	U20M Basildon AC	32: 55
17	70	Kieran O'Hara	U20M Havering AC	33: 35
18	58	Kieran Feltham	U20M Benfleet RC	44
19	59	Joshua Mulley	U20M Braintree & District	47
20	65	Harry Young	U20M Harwich Runners	45: 30

Team Result

1	Orion Harriers	37
2	Basildon AC	37

Essex Cross Country Championships**SW****Claybury****07-01-2017**

Pos	No	Name		Club	Time
1	763	Elizabeth Davies	SW	Springfield Striders	30: 13
2	780	Gemma Holloway	U20	Thurrock Harriers	23
3	756	Kerry Holland	SW	Southend AC	31: 29
4	677	Alex Gounelas	SW	Eton Manor AC	44
5	604	Emma Houchell	SW	Basildon AC	45
6	623	Sally Judd	SW	Chelmsford AC	47
7	705	Lydia Hallam	SW	Havering AC	50
8	718	Clare Thurgood	SW	Orion Harriers	59
9	603	Anna Whitfield	SW	Basildon AC	32: 40
10	601	Kirsty Tydeman	SW	Basildon AC	43
11	725	Lucy Charles	SW	Orion Harriers	33: 04
12	626	Rebecca Luxton	SW	Chelmsford AC	20
13	801	Hayley Hawes	SW	East Essex Tri	29
14	632	Victoria Hayes	SW	Chelmsford AC	45
15	796	Heather Wilson	SW	WG & EL	51
16	771	Samantha Barnes Bilbie	SW	Springfield Striders	34: 23
17	706	Vicky Smith	SW	Havering AC	58
18	799	Rachel Lund	SW	WG & EL	35: 03
19	637	Rebecca Cooke	SW	Colchester Harriers	05
20	621	Christine Howard	SW	Billericay Striders	09
21	643	Ffion Harris	SW	Colchester Harriers	13
22	757	Sarah Pennington	SW	Southend AC	34
23	701	Debbie Appleton	SW	Havering AC	36: 05
24	634	Eleanor Mayne	SW	Colchester Harriers	07
25	605	Louise Douglass	SW	Basildon AC	12
26	686	Zoe Woodward	SW	Eton Manor AC	16
27	631	Hayley Pegg	SW	Chelmsford AC	19
28	723	Alison Trauttmansdoff-Weinsberg	SW	Orion Harriers	22
29	761	Polly Bridgman	SW	Springfield Striders	24
30	719	Hayley Rogerson	SW	Orion Harriers	49
31	689	Taryne McPherson	SW	Eton Manor AC	52
32	722	Natalie Kipps	SW	Orion Harriers	37: 00
33	750	Natasha Lagden	SW	Southend AC	14
34	609	Jacqui Watson	SW	Benfleet RC	21
35	770	Emily Smith	SW	Springfield Striders	48
36	678	Clair Fisher	SW	Eton Manor AC	56
37	792	Erica Brown-Vasey	SW	Victoria Park Harriers	58
38	797	Jenny Thomas	SW	WG & EL	38: 10
39	602	Emily Bullis	SW	Basildon AC	42
40	747	Kasia Kostyrka-Allehorne	SW	Southend AC	43
41	698	Sophie Scott	SW	Harwich Runners	53
42	726	Alison Taylor	SW	Orion Harriers	39: 06

43	769	Rachael Roughan	SW	Springfield Striders		13
44	679	Kate Malcolm	SW	Eton Manor AC		17
45	732	Pippa Dowswell	SW	Orion Harriers		27
46	672	Eleanor Wilkinson	SW	East London Runners		29
47	766	Vic Curren	SW	Springfield Striders		31
48	731	Liz Maidment	SW	Orion Harriers		32
49	610	Kate Wilkinson	SW	Benfleet RC		34
50	734	Claire Huggins	SW	Orion Harriers		46
51	611	Jayne Stacey	SW	Benfleet RC	40:	11
52	702	Jo Sullivan	SW	Havering AC		43
53	708	Nicola Hopkinson	SW	Ilford AC		50
54	724	Jo Plumb	SW	Orion Harriers		51
55	676	Jennifer Heymann	SW	Eton Manor AC	41:	02
56	714	Mary Knapman	SW	Loughton AC		04
57	729	Ella Wilson	SW	Orion Harriers		20
58	697	Mel Candler	SW	Halsted Road Runners		27
59	752	Sue Cribbs	SW	Southend AC		37
60	727	Lorraine Gosling	SW	Orion Harriers		45
61	657	Sarah Burns	SW	East London Runners		58
62	618	Ruth Havis	SW	Billericay Striders	42:	01
63	620	Christine Deacon	SW	Billericay Striders		05
64	794	Alex Wardle	SW	WG & EL		24
65	700	Elspeth Knott	SW	Harwich Runners		50
66	613	Kelly McClenaghan	SW	Benfleet RC	42:	52
67	660	Fiona Critchley	SW	East London Runners		57
68	709	Dianna Crisp	SW	Ilford AC	43:	00
69	650	Rahana Islam	SW	Dagenham 88 Runners		02
70	663	Chloe Millan	SW	East London Runners		07
71	751	Debby Lynn Hallam	SW	Southend AC		09
72	767	Allison Gillan	SW	Springfield Striders		11
73	764	Karen Chapman	SW	Springfield Striders		20
74	721	Gina Bianchi	SW	Orion Harriers		32
75	619	Jo Ling	SW	Billericay Striders		35
76	788	Rachel Jackson	SW	Tiptree RR		58
77	694	Wendy Carter	SW	Halsted Road Runners	44:	15
78	617	Wendy Reed	SW	Billericay Striders		23
79	607	Cristina Cooper	SW	Barking RR		28
80	661	Claire Emery	SW	East London Runners		33
81	693	Janine Durrant	SW	Eton Manor AC	45:	06
82	658	Maud Hodson	SW	East London Runners		07
83	614	Mandy Cooper	SW	Benfleet RC		18
84	656	Emma Dudman	SW	Dagenham 88 Runners		20
85	707	Jenni Sheehan	SW	Ilford AC		31
86	691	Jillian White	SW	Eton Manor AC		41
87	681	Jenni Hall	SW	Eton Manor AC		42
88	785	Zoe Gould	SW	Tiptree RR		52
89	612	Sarah Norton	SW	Benfleet RC		54
90	772	Juliet Warren-Penny	SW	Springfield Striders		57

91	716	Sharon Skidmore	SW	Mid Essex Casuals	46:	04
92	736	Ruth Roberts	SW	Phoenix Striders		20
93	717	Natalie Traylen	SW	Newham & Essex Beagles		34
94	669	Julie Campbell	SW	East London Runners		35
95	791	Valerie Rees	SW	Tiptree RR	47:	02
96	662	Susannah McLaren	SW	East London Runners		07
97	616	Annette Johnson	SW	Benfleet RC		26
98	649	Hannah Sheilhk	SW	Dagenham 88 Runners		34
99	733	Nessa Clyne	SW	Orion Harriers		42
100	803	Frances Grudley	SW	Tiptree RR		57
101	673	Sasha Ackland	SW	Eton Manor AC	48:	12
102	695	Nicola Smith	SW	Halsted Road Runners		15
103	715	Irene Petersen	SW	Loughton AC		32
104	704	Tracy O'Neill	SW	Havering AC		33
105	713	Jean Hobbs	SW	Loughton AC		50
106	688	Michelle Baxter-Wickham	SW	Eton Manor AC		51
107	789	Stacy Hember	SW	Tiptree RR		55
108	739	Grace Reeman	SW	Phoenix Striders	49:	18
109	790	Fiona Burrows	SW	Tiptree RR		26
110	773	Sarah Knowles	SW	Springfield Striders		35
111	652	Louise Chappell	SW	Dagenham 88 Runners		37
112	615	Laura Williams	SW	Benfleet RC		47
113	768	Sarah Goodwin	SW	Springfield Striders		59
114	675	Hayley Dalton	SW	Eton Manor AC	50:	09
115	741	Angela Smith	SW	Pitsea RC		19
116	664	Jane Niewczasinski	SW	East London Runners		20
117	692	Molly Cooper	SW	Eton Manor AC		22
118	782	Tina Clarke	SW	Tiptree RR		24
119	671	Diana Rexhepaj	SW	East London Runners		33
120	765	Vicki Robins	SW	Springfield Striders		51
121	682	Mala Singh	SW	Eton Manor AC		54
122	659	Caroline Moore	SW	East London Runners	51:	02
123	653	Timi Veerasamy	SW	Dagenham 88 Runners		02
124	655	Rosina Salmon	SW	Dagenham 88 Runners		24
125	667	Alexandra Rutishauser-Perera	SW	East London Runners		38
126	784	Tracy Harrington	SW	Tiptree RR		53
127	783	Pat Rhodes	SW	Tiptree RR	52:	05
128	786	Julia Bawden	SW	Tiptree RR		05
129	730	Louise Szlezinger	SW	Orion Harriers		09
130	606	Alison Fryatt	SW	Barking RR		16
131	683	Christina Watson	SW	Eton Manor AC		21
132	737	Nicola Maslen	SW	Phoenix Striders		25
133	735	Nicola Burston	SW	Phoenix Striders		40
134	740	Marion Breeze	SW	Pitsea RC	53:	04
135	728	Lisa Smith	SW	Orion Harriers	54:	04
136	712	Michaela Davis	SW	Loughton AC	55:	29
137	696	Sarah Frost	SW	Halsted Road Runners		29
138	654	Sara Prior	SW	Dagenham 88 Runners		54

139	787	Alia Hamdam	SW	Tiptree RR	56:	49
140	670	Sonia Cheadle	SW	East London Runners	57:	33
141	668	Joanna Wood	SW	East London Runners	58:	42
142	666	Sarah Pascal	SW	East London Runners		45
143	665	Elizabeth O'Donnell	SW	East London Runners	60:	01
144	680	Claire Taylor	SW	Eton Manor AC		13

Team Result

1	Basildon AC	49
2	Chelmsford AC	59
3	Orion Harriers	77
4	Springfield Striders	81
5	Eton Manor AC	97
6	Southend AC	98
7	Havering AC	99
8	WG & EL	135
9	Orion Harriers 'B'	167
10	Benfleet RC	200
11	Billericay Striders	220
12	Orion Harriers 'C'	221
13	Springfield Striders 'B'	235
14	East London Runners	244
15	Eton Manor AC 'B'	266
16	East London Runners 'B'	352
17	Tiptree RR	359
18	Dagenham 88 Runners	362
19	Halsted Road Runners	374
20	Benfleet RC 'B'	381
21	Loughton AC	400
22	Eton Manor AC 'C'	408
23	Springfield Striders 'C'	433
24	Orion Harriers 'D'	437
25	Tiptree RR 'B'	460
26	Phoenix Striders	465
27	East London Runners 'C'	482
28	Eton Manor AC 'D'	513
29	East London Runners 'D'	566

Essex Cross Country Championships**SM****Claybury****07-01-2017**

Pos	No	Name		Club	Time
1	293	Tom Firth	SM	Southend AC	38: 10
2	368	James Stockings	SM	WG & EL	32
3	235	Rob Warner	SM	Havering AC	33
4	361	Tom Beedell	SM	WG & EL	46
5	132	Grant Twist	SM	Chelmsford AC	50
6	360	Darren Southcott	SM	WG & EL	55
7	133	Stephen Woodford	SM	Chelmsford AC	39: 15
8	319	Tristan Windley	SM	Springfield Striders	26
9	377	Daniel Steel	SM	WG & EL	40
10	369	Angus Holford	SM	WG & EL	47
11	363	Tomaz Plibersek	SM	WG & EL	53
12	102	Adam Houchell	U20	Basildon AC	55
13	126	Crispian Bloomfield	SM	Billericay Striders	59
14	128	Ryan Prout	SM	Chelmsford AC	40: 45
15	241	Malcolm Muir	SM	Ilford AC	49
16	289	Jonathan Bradford	SM	Serpentine RC	41: 00
17	141	Jordan Rowe	SM	Colchester Harriers	08
18	185	Thomas Grimes	SM	East London Runners	19
19	362	Harold Wyber	SM	WG & EL	19
20	137	Allen Smalls	SM	Colchester Harriers	33
21	356	Andy Summers	SM	Victoria Park Harriers	37
22	308	James Smith	SM	Springfield Striders	41
23	221	Robert Reason	SM	Harwich Runners	44
24	305	Lee Taylor	SM	Southend AC	53
25	381	Joe Ray	U20	Southend AC	56
26	325	Alex Manton	SM	Springfield Striders	42: 08
27	258	Ian Clark	SM	Orion Harriers	14
28	205	Gary Towers	SM	Eton Manor AC	18
29	263	Nick Shasha	SM	Orion Harriers	21
30	357	Pete Dyson	SM	Victoria Park Harriers	22
31	254	Daniel Moses	SM	Orion Harriers	28
32	110	Andy Low	SM	Benfleet RC	29
33	307	Sam Cornforth	SM	Springfield Striders	30
34	336	Alec Finch	SM	Thurrock Harriers	34
35	143	Adam Sawyer	SM	Colchester Harriers	41
36	136	Darren Farrugia	SM	Colchester Harriers	47
37	142	Paul Rogers	SM	Colchester Harriers	49
38	179	Mark Boulton	SM	East London Runners	52
39	172	Patrick Brown	SM	East London Runners	55
40	371	Tommy Bower	SM	WG & EL	59
41	255	Fabio Rizzo	SM	Orion Harriers	43: 03
42	375	Julian Russell	SM	WG & EL	06

43	144	Mark Harrod	SM	Colchester Harriers		15
44	139	Colin Ridley	SM	Colchester Harriers		18
45	315	Russell Davies	SM	Springfield Striders		24
46	209	James Hutchinson	SM	Eton Manor AC		27
47	106	George Watts	SM	Benfleet RC		37
48	194	Paul Boddey	SM	Eton Manor AC		37
49	372	Joe Everitt	SM	WG & EL		40
50	257	Colin Read	SM	Orion Harriers		47
51	120	Chris O'Hara	SM	Billericay Striders		53
52	158	Cameron Humphries	SM	Colchester Harriers		53
53	350	Duncan Steen	SM	Victoria Park Harriers	44:	05
54	244	Paul Holloway	SM	Ilford AC		07
55	306	Anthony Goodall	SM	Springfield Striders		08
56	251	Brian Jenkins	SM	Orion Harriers		14
57	187	Billy Rayner	SM	East London Runners		18
58	130	Reece Asik	SM	Chelmsford AC		22
59	355	Ben Wickham	SM	Victoria Park Harriers		28
60	353	James Bewley	SM	Victoria Park Harriers		37
61	318	Stuart Raven	SM	Springfield Striders		47
62	295	Christian Holmes	SM	Southend AC		48
63	225	Mark Lloyd	SM	Harwich Runners		50
64	331	Paul Miles	SM	Springfield Striders		57
65	164	Nigel Swinburne	SM	Dagenham 88 Runners	45:	05
66	261	Dean Moy	SM	Orion Harriers		07
67	119	Kurtis Swan	SM	Billericay Striders		11
68	365	Dave Cox	SM	WG & EL		14
69	333	Scott Rice	SM	Thurrock Harriers		17
70	379	Pete Caton	SM	WG & EL		32
71	108	Terry Spooner	SM	Benfleet RC		39
72	201	Chris Tait	SM	Eton Manor AC		45
73	220	Simon Day	SM	Harwich Runners		54
74	107	Graham Booty	SM	Benfleet RC		57
75	320	James Wright	SM	Springfield Striders		11
76	186	Dan Gritton	SM	East London Runners	46:	11
77	337	Toby Draper	SM	Thurrock Harriers		
78	323	Paul Jeggo	SM	Springfield Striders		25
79	195	Paul Cates	SM	Eton Manor AC		26
80	109	Alan Clark	SM	Benfleet RC		34
81	190	Dan Senior	SM	East London Runners		37
82	284	Jack Morris	SM	Pitsea RC		48
83	237	Martin Chester	SM	Havering AC		57
84	348	Gary Bagnall	SM	Victoria Park Harriers		59
85	378	James Perry	SM	WG & EL	47:	00
86	242	Neil Crisp	SM	Ilford AC		05
87	260	Nial McGoun	SM	Orion Harriers		09
88	264	Reece Barclay	SM	Orion Harriers		11
89	294	Alec Kyrakides	SM	Southend AC		14
90	321	Darren Sutton	SM	Springfield Striders		18

91	216	Wesley Atkins	SM	Halstead Road Runners		20
92	184	Spencer Evans	SM	East London Runners		28
93	359	Leo Cole	SM	Witham RC		31
94	268	Glenn Gosling	SM	Orion Harriers		39
95	327	Paul Broome	SM	Springfield Striders		43
96	112	Nick Rankin	SM	Benfleet RC		51
97	232	Gary Atkins	SM	Havering AC	48:	02
98	124	Robin McCoy	SM	Billericay Striders		06
99	140	Ged McMillan	SM	Colchester Harriers		10
100	176	Ciaran Canavan	SM	East London Runners		12
101	111	Richard Jones	SM	Benfleet RC		16
102	222	Stephen Peck	SM	Harwich Runners		18
103	149	Craig Mitchell	SM	Colchester Harriers		19
104	226	Robin Brookes	SM	Harwich Runners		24
105	178	Scott McMillan	SM	East London Runners		29
106	342	Anthony Tobin	SM	Thurrock Harriers		38
107	219	Richard Candler	SM	Halstead Road Runners		45
108	249	Adrian Smith	SM	Orion Harriers		49
109	266	Scott Reid	SM	Orion Harriers		54
110	274	Ewan McFarlane	SM	Phoenix Striders	49:	04
111	358	Giles Sowerby	SM	Witham RC		08
112	345	James Haskry-Jones	SM	Tiptree Road Runners		08
113	335	John Green	SM	Thurrock Harriers		10
114	351	Victor Hearn-Yeates	SM	Victoria Park Harriers		14
115	352	Kevin Long	SM	Victoria Park Harriers		19
116	238	Steve Walker	SM	Havering AC		20
117	146	Russell Goodridge	SM	Colchester Harriers		21
118	118	Lloyd Miles	SM	Billericay Striders		34
119	310	Peter Chubb	SM	Springfield Striders		42
120	156	Chris Manby	SM	Colchester Harriers		43
121	125	Dave Butler	SM	Billericay Striders		52
122	180	Andrew Baxter	SM	East London Runners		56
123	252	Alex Elferink	SM	Orion Harriers	50:	01
124	131	Peter Tullett	SM	Chelmsford AC		30
125	114	Brian Venton	SM	Benfleet RC		50
126	253	Ben Fisher	SM	Orion Harriers		56
127	309	Jon Byford	SM	Springfield Striders	51:	04
128	217	Jon Greenley	SM	Halstead Road Runners		13
129	105	Diarmuid MacDonnell	SM	Barking RR		16
130	338	Mick Bumstead	SM	Thurrock Harriers		28
131	334	Keith Willett	SM	Thurrock Harriers		43
132	215	Richard Parr	SM	Eton Manor AC		45
133	210	John Black	SM	Eton Manor AC		57
134	213	Stephen Dunn	SM	Eton Manor AC		58
135	324	Philip Watts	SM	Springfield Striders	52:	06
136	256	Bill Bennett	SM	Orion Harriers		18
137	280	Trevor Horncastle	SM	Phoenix Striders		26
138	115	Mike Grout	SM	Benfleet RC		30

139	339	Tim Martin	SM	Thurrock Harriers		32
140	292	Peter Binns	SM	Southend AC		33
141	236	Richard Rowe	SM	Havering AC		50
142	317	Gary Joslin	SM	Springfield Striders		59
143	173	Gareth Davies	SM	East London Runners	53:	00
144	243	Sebastian Parris	SM	Ilford AC		27
145	332	Daniel Ward	SM	Thrift Green Trotters		28
146	150	Simon Morgan	SM	Colchester Harriers		31
147	169	Peter Salmon	SM	Dagenham 88 Runners		37
148	328	Paul Stukas	SM	Springfield Striders		57
149	314	Julian Catmull	SM	Springfield Striders	54:	05
150	165	Richard Dudman	SM	Dagenham 88 Runners		07
151	259	Davis Milner	SM	Orion Harriers		11
152	229	Tony Collins	SM	Havering AC		14
153	207	Rob Sommerville	SM	Eton Manor AC		16
154	385	Ian Gill	SM	East Essex Tri		24
155	159	Tim Ballard	SM	Colchester Harriers		58
156	326	Tim Brockington	SM	Springfield Striders	55:	00
157	270	Danny Fitzsimons	SM	Orion Harriers		08
158	129	Kevin Kirby	SM	Chelmsford AC		19
159	103	Andrew Gwilliam	SM	Barking RR		34
160	192	Jonathan Wooldridge	SM	East London Runners		47
161	262	Gary Barlett	SM	Orion Harriers		55
162	177	Paul Marshall	SM	East London Runners	56:	10
163	282	Lee Hazelwood	SM	Phoenix Striders		22
164	116	Stephen Burton	SM	Benfleet RC		24
165	175	Lance Fuller	SM	East London Runners		39
166	277	John Russell	SM	Phoenix Striders		47
167	265	Roy Perrott	SM	Orion Harriers		51
168	188	John Healy	SM	East London Runners		55
169	341	Bernie Johnson	SM	Thurrock Harriers	57:	21
170	181	Grant Conway	SM	East London Runners		28
171	183	Carlton D'Souza	SM	East London Runners	58:	10
172	267	Setephen Bennett	SM	Orion Harriers		26
173	347	Craig Dawson	SM	Tiptree Road Runners		32
174	278	Martin Orford	SM	Phoenix Striders		39
175	276	James Price	SM	Phoenix Striders	60:	52
176	191	Simon Thomas	SM	East London Runners	61:	08
177	160	Trevor Robinson	SM	Dagenham 88 Runners		49
178	281	Ryan Sibley	SM	Phoenix Striders	63:	40
179	189	Jason Levy	SM	East London Runners	66:	35
180	297	Dave Grit	SM	Southend AC	67:	01
181	248	Brian Butcher	SM	Mid Essex Casuals		10
182	224	Andrew Thorn	SM	Harwich Runners		49
183	311	Mark Moughton	SM	Springfield Striders		53
184	163	Ian Cummins	SM	Dagenham 88 Runners		53
185	167	Mike Peggall	SM	Dagenham 88 Runners	70:	02
186	275	Nelson Howe	SM	Phoenix Striders	84:	36

Team Result

1	WG & EL	42
2	Colchester Harriers	188
3	Springfield Striders	189
4	Orion Harriers	234
5	WG & EL 'B'	288
6	Victoria Park Harriers	307
7	East London Runners	309
8	Southend AC	341
9	Chelmsford AC	366
10	Benfleet RC	400
11	Eton Manor AC	405
12	Springfield Striders 'B'	463
13	Billericay Striders	468
14	Thurrock Harriers	529
15	Colchester Harriers 'B'	535
16	Harwich Runners	547
17	Orion Harriers 'B'	552
18	Havering AC	592
19	East London Runners 'B'	722
20	Springfield Striders 'C'	820
21	Orion Harriers 'C'	854
22	Dagenham 88 Runners	908
23	Phoenix Striders	925
24	East London Runners 'C'	1012