

Essex Cross Country Championships

U17M

Great Notley

06/01/2018

| Pos | No | Name | Club | Time |
|------------|-----------|-------------------|---------------------------------------|-------------|
| 1 | 367 | Joseph Owen | U17M Orion Harriers | 17: 11 |
| 2 | 385 | Joe Geller | U17M Woodford Green with Essex Ladies | 25 |
| 3 | 369 | Lewis Harknett | U17M Orion Harriers | 28 |
| 4 | 368 | Joseph Clark | U17M Orion Harriers | 31 |
| 5 | 379 | Sarab Dhillon | U17M Thurrock Harriers | 33 |
| 6 | 350 | Thomas Keevil | U17M Chelmsford AC | 38 |
| 7 | 381 | Taylor Newell | U17M Thurrock Harriers | 46 |
| 8 | 382 | Ben Prior | U17M Thurrock Harriers | 50 |
| 9 | 356 | Max Caulfield | U17M Colchester Harriers | 18: 00 |
| 10 | 347 | Zach Bridgeland | U17M Chelmsford AC | 02 |
| 11 | 354 | Ermeas Aferwerki | U17M Colchester Harriers | 02 |
| 12 | 342 | Isaac Brown | U17M Basildon AC | 04 |
| 13 | 375 | Oliver Randall | U17M Southend AC | 18 |
| 14 | 364 | Alex Friend | U17M Havering AC | 21 |
| 15 | 380 | Jack Exley | U17M Thurrock Harriers | 29 |
| 16 | 358 | Danny Millward | U17M Colchester Harriers | 34 |
| 17 | 372 | Sam Wheatley | U17M Southend AC | 59 |
| 18 | 346 | Matthew Hochell | U17M Basildon AC | 19: 18 |
| 19 | 388 | Thomas Adolphus | U17M Woodford Green with Essex Ladies | 21 |
| 20 | 345 | Gorge Hill | U17M Basildon AC | 29 |
| 21 | 361 | Luke Gill | U17M East Essex Tri | 33 |
| 22 | 370 | Owen Harknett | U17M Orion Harriers | 42 |
| 23 | 344 | Daniel McGill | U17M Basildon AC | 56 |
| 24 | 362 | Archie Barrington | U17M Harwich Runners | 59 |
| 25 | 348 | Mark Beale | U17M Chelmsford AC | 20: 06 |
| 26 | 389 | Videsh Weerakkoy | U17M Woodford Green with Essex Ladies | 08 |
| 27 | 343 | George Applewhite | U17M Basildon AC | 23 |
| 28 | 355 | Joseph Boden | U17M Colchester Harriers | 34 |
| 29 | 365 | Louis Berrett | U17M Havering AC | 45 |
| 30 | 359 | Sam Shorter | U17M Colchester Harriers | 21: 37 |
| 31 | 384 | Henri Willett | U17M Thurrock Harriers | 48 |
| 32 | | | | |

Team Result

| | | |
|---|---------------------|----|
| 1 | Orion Harriers | 30 |
| 2 | Thurrock Harriers | 35 |
| 3 | Colchester Harriers | 64 |

Essex Cross Country Championships

U17W

Great Notley

06/01/2018

| Pos | No | Name | Club | Time |
|-----|-----|-------------------|---------------------------------------|-------|
| 1 | 912 | Jessica Mitchell | U17W Havering AC | 18 46 |
| 2 | 913 | Kate O'Neill | U17W Havering AC | 18 59 |
| 3 | 926 | Hayley Instance | U17W Thurrock Harriers | 19 35 |
| 4 | 909 | Molly Sweetman | U17W Havering AC | 19 56 |
| 5 | 903 | Elsie Gray | U17W Colchester and Tendring AC | 20 20 |
| 6 | 911 | Sophie Rand | U17W Havering AC | 20 27 |
| 7 | 904 | Hannah Watson | U17W Colchester Harriers | 21 04 |
| 8 | 898 | Abby Rex | U17W Basildon AC | 21 42 |
| 9 | 927 | Louise Gilbert | U17W Woodford Green with Essex Ladies | 21 42 |
| 10 | 895 | Beth Ashley | U17W Basildon AC | 21 46 |
| 11 | 900 | Grace Goodall | U17W Benfleet RC | 21 47 |
| 12 | 916 | Aoibheann Pearce | U17W Orion Harriers | 22 59 |
| 13 | 902 | Hannah Smith | U17W Chelmsford AC | 22 03 |
| 14 | 922 | Joanna Rimmington | U17W Southend AC | 22 28 |
| 15 | 920 | Jenna Williams | U17W Southend AC | 22 36 |
| 16 | 917 | Annalie Cole | U17W Orion Harriers | 22 39 |
| 17 | 915 | Jordan Hinds | U17W Ilford AC | 23 20 |
| 18 | 928 | Siena Taylor | U17W Woodford Green with Essex Ladies | 23 27 |
| 19 | 924 | Juliette Lemare | U17W Southend AC | 24 42 |
| 20 | 914 | Catherine Barker | U17W Havering AC | 25 54 |
| 21 | 921 | Mia Slessor | U17W Southend AC | 25 14 |
| 22 | 906 | Lily Waterson | U17W Colchester Harriers | 25 16 |
| 23 | 925 | Lucie Ball | U17W Thurrock Harriers | 25 23 |
| 24 | 919 | Scarlett Pochet | U17W Orion Harriers | 26 35 |
| 25 | 907 | Daisy Hilson | U17W Colchester Harriers | 26 02 |
| 26 | 901 | Genevieve Pate | U17W Benfleet RC | 27 53 |
| 27 | 918 | Charlotte Grant | U17W Orion Harriers | 27 04 |
| 28 | 897 | Amelia Daniel | U17W Basildon AC | 27 44 |

Team Result

| | | |
|---|----------------|----|
| 1 | Havering AC | 13 |
| 2 | Southend AC | 69 |
| 3 | Orion Harriers | 79 |

Essex Cross Country Championships

U20W

Great Notley

06/01/2018

| Pos | No | Name | Club | Time |
|------------|-----------|------------------|--------------------------------|-------------|
| 1 | 837 | Khai Mhlanga | U20W Chelmsford AC | 18 03 |
| 2 | 836 | Hannah Irwin | U20W Braintree and District AC | 37 |
| 3 | 839 | Rachel Broome | U20W Chelmsford AC | 20 16 |
| 4 | 834 | Sinead Clark | U20W Benfleet RC | 24 |
| 5 | 833 | Victoria Hiscock | U20W Benfleet RC | 21 42 |
| 6 | 846 | Ellen Williams | U20W Southend AC | 40 |
| 7 | 849 | Brooke Mensah | U20W Thurrock Harriers | 23 01 |
| 8 | 841 | Phillipa Baxter | U20W Colchester Harriers | 45 |
| 9 | 835 | Kiera Tippett | U20W Benfleet RC | 24 54 |
| 10 | 831 | Leah McGill | U20W Basildon AC | 27 11 |

No complete teams

Essex Cross Country Championships

U20M

Great Notley

06/01/2018

| Pos | No | Name | Club | Time |
|------------|-----------|---------------------|---------------------------------------|-------------|
| 1 | 439 | Ben Davis | U20M Havering AC | 26: 09 |
| 2 | 457 | Ahmed Abdulle | U20M Woodford Green with Essex Ladies | 16 |
| 3 | 446 | Afewerk Rossom | U20M Herts Phoenix | 56 |
| 4 | 425 | Harrison Smith | U20M Basildon AC | 27: 02 |
| 5 | 447 | George Day | U20M Orion Harriers | 23 |
| 6 | 440 | James Stewart | U20M Havering AC | 28: 10 |
| 7 | 456 | Tom Rehal | U20M Tiptree Road Runners | 41 |
| 8 | 448 | Jordan Chrisostomou | U20M Orion Harriers | 29: 05 |
| 9 | 428 | Eddy Cooper | U20M Benfleet RC | 30 |
| 10 | 432 | Benjamin Miller | U20M Colchester and Tendring AC | 51 |
| 11 | 435 | Joe Patterson | U20M Colchester Harriers | 30: 01 |
| 12 | 445 | Amaniel Tesfay | U20M Herts Phoenix | 27 |
| 13 | 453 | Jody Meredith | U20M Thurrock Harriers | 35 |
| 14 | 441 | Lewis Debenham | U20M Havering AC | 44 |
| 15 | 427 | Joe Payne | U20M Basildon AC | 48 |
| 16 | 442 | Kieran O'Hara | U20M Havering AC | 31: 19 |
| 17 | 434 | Oscar Dawson | U20M Colchester Harriers | 32: 04 |
| 18 | 452 | Joe Logan | U20M Thurrock Harriers | 12 |
| 19 | 429 | James Hiscock | U20M Benfleet RC | 47 |
| 20 | 454 | Samuel Smith | U20M Thurrock Harriers | 33: 02 |
| 21 | 438 | Harry Young | U20M Harwich Runners | 40: 16 |

Team Result

1 Havering AC 37

Essex Cross Country Championships**SW****Great Notley****06/01/2018**

| Pos | No | Name | Club | Time |
|------------|-----------|----------------------------------|-------------------------------------|-------------|
| 1 | 767 | Elizabeth Davies | SW Springfield Striders | 28: 49 |
| 2 | 606 | Gemma Kersey | SW Basildon AC | 29: 24 |
| 3 | 787 | Gemma Holloway | SW Thurrock Harriers | 34 |
| 4 | 605 | Emma Houchell | SW Basildon AC | 36 |
| 5 | 608 | Rachel Wiseman | SW Basildon AC | 30: 11 |
| 6 | 721 | Clare Thurgood | SW Orion Harriers | 28 |
| 7 | 626 | Megan Evans | SW Chelmsford AC | 40 |
| 8 | 628 | Sally Judd | SW Chelmsford AC | 59 |
| 9 | 624 | Rebecca Luxton | SW Chelmsford AC | 31: 16 |
| 10 | 817 | Katherine Gundersen | SW Woodford Green with Essex Ladies | 33 |
| 11 | 625 | Rebecca Cole | SW Chelmsford AC | 39 |
| 12 | 690 | Vicky Smith | SW Havering AC | 53 |
| 13 | 810 | Sophie Donges | SW Victoria Park Harr & Tower H | 32: 05 |
| 14 | 623 | Alexa Joel | SW Chelmsford AC | 09 |
| 15 | 772 | Nikki Brockbank | SW Springfield Striders | 22 |
| 16 | 805 | Annie Faye | SW Victoria Park Harr & Tower H | 24 |
| 17 | 602 | Charlotte Bishop | SW Basildon AC | 37 |
| 18 | 794 | Jo Wilkinson | SW Thurrock Harriers | 39 |
| 19 | 808 | Kelly Clark | SW Victoria Park Harr & Tower H | 48 |
| 20 | 627 | Wendy King | SW Chelmsford AC | 50 |
| 21 | 609 | Nicola Bredin | SW Benfleet RC | 33: 14 |
| 22 | 804 | Sue Bint | SW Victoria Park Harr & Tower H | 20 |
| 23 | 818 | Rachel Lund | SW Woodford Green with Essex Ladies | 35 |
| 24 | 656 | Naomi Dews | SW Eton Manor AC | 38 |
| 25 | 740 | Fiona Halls | SW Saffron Striders | 39 |
| 26 | 738 | Rebecca White | SW Saffron Striders | 43 |
| 27 | 746 | Hayley Lamkin | SW Southend AC | 53 |
| 28 | 630 | Andrea James | SW Colchester Harriers | 34: 07 |
| 29 | 643 | Denise Morley | SW Colchester Harriers | 19 |
| 30 | 659 | Sarah Flanagan | SW Eton Manor AC | 30 |
| 31 | 720 | Hayley Rogerson | SW Orion Harriers | 45 |
| 32 | 807 | Rachel Morrison | SW Victoria Park Harr & Tower H | 51 |
| 33 | 633 | Rebecca Cooke | SW Colchester Harriers | 54 |
| 34 | 634 | Ella Neale | SW Colchester Harriers | 35: 02 |
| 35 | 684 | Kate Hodgkiss | SW Harwich Runners | 04 |
| 36 | 722 | Alison Trauttmansdorff-Weinsberg | SW Orion Harriers | 10 |
| 37 | 622 | Hayley Pegg | SW Chelmsford AC | 12 |
| 38 | 756 | Holly Gillard | SW Southend AC | 14 |
| 39 | 665 | Taryne Mcpherson | SW Eton Manor AC | 27 |
| 40 | 809 | Jo Hall | SW Victoria Park Harr & Tower H | 30 |
| 41 | 601 | Emily Ballard | SW Basildon AC | 40 |
| 42 | 802 | Vicky Knight | SW Tiptree Road Runners | 43 |
| 43 | 749 | Anne Jenkinson | SW Southend AC | 50 |
| 44 | 611 | Jacqui Watson | SW Benfleet RC | 58 |
| 45 | 788 | Toni Radley | SW Thurrock Harriers | 36: 13 |

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|----|-----|------------------------|-----|----------------------------------|--------|
| 46 | 774 | Rebecca Pitman | SW | Springfield Striders | 25 |
| 47 | 637 | Jo Marks | SW | Colchester Harriers | 29 |
| 48 | 803 | Charlotte Bewley | SW | Victoria Park Harr & Tower H | 30 |
| 49 | 781 | Kathleen Short | SW | Thrift Green Trotters | 40 |
| 50 | 719 | Louise Juby | SW | Orion Harriers | 46 |
| 51 | 604 | Louise Douglass | SW | Basildon AC | 57 |
| 52 | 612 | Jayne Stacey | SW | Benfleet RC | 37: 02 |
| 53 | 677 | Rachael Roughan | SW | Halstead Road Runners | 23 |
| 54 | 743 | Sarah Pennington | SW | Southend AC | 25 |
| 55 | 789 | Jodie Farrell | SW | Thurrock Harriers | 27 |
| 56 | 693 | Jo Sullivan | SW | Havering AC | 29 |
| 57 | 711 | Frida Petersen | SW | Loughton AC | 39 |
| 58 | 652 | Sharon Bolister | SW | Eton Manor AC | 44 |
| 59 | 717 | Lorraine Gosling | SW | Orion Harriers | 47 |
| 60 | 663 | Jenny Heymann | SW | Eton Manor AC | 48 |
| 61 | 770 | Nicola Ranson | SW | Springfield Striders | 49 |
| 62 | 752 | Sue Cribbs | SW | Southend AC | 56 |
| 63 | 700 | Breege Nordin | SW | Ilford AC | 38: 03 |
| 64 | 791 | Kathryn Spring | SW | Thurrock Harriers | 09 |
| 65 | 672 | Meera Rajoo-Oakley | SW | Great Bentley RC | 12 |
| 66 | 744 | Annabel Matthews-Smith | SW | Southend AC | 14 |
| 67 | 766 | Emily Smith | SW | Springfield Striders | 20 |
| 68 | 715 | Pippa Dowswell | SW | Orion Harriers | 27 |
| 69 | 705 | Carlie Qirem | SW | Ilford AC | 45 |
| 70 | 780 | Marijke Van Eetvelde | U20 | Thrift Green Trotters | 55 |
| 71 | 701 | Nicola Hopkinson | SW | Ilford AC | 56 |
| 72 | 664 | Kate Malcolm | SW | Eton Manor AC | 39: 00 |
| 73 | 713 | Caroline Real | SW | Loughton AC | 08 |
| 74 | 813 | Tanya Cregan | SW | Witham Running Club | 27 |
| 75 | 639 | Jenny Richardson | SW | Colchester Harriers | 37 |
| 76 | 785 | Amy Gornall | SW | Thrift Green Trotters | 38 |
| 77 | 683 | Ellie Haynes | SW | Harwich Runners | 42 |
| 78 | 661 | Jennifer Hall | SW | Eton Manor AC | 47 |
| 79 | 806 | Joyce Berry | SW | Victoria Park Harr & Tower H | 55 |
| 80 | 776 | Heather Eastwood | SW | Springfield Striders | 40: 02 |
| 81 | 618 | Kelly McClenaghan | SW | Benfleet RC | 20 |
| 82 | 798 | Morven Hurding | SW | Tiptree Road Runners | 30 |
| 83 | 742 | Rebecca Taylor | SW | Southend AC | 35 |
| 84 | 811 | Elizabeth Prior | SW | Witham Running Club | 38 |
| 85 | 816 | Alex Wardle | SW | Woodford Green with Essex Ladies | 42 |
| 86 | 718 | Lucy Humphreys | SW | Orion Harriers | 44 |
| 87 | 688 | Nicola Flatt | SW | Harwich Runners | 49 |
| 88 | 657 | Janine Durrant | SW | Eton Manor AC | 50 |
| 89 | 666 | Ruth Rose | SW | Eton Manor AC | 41: 16 |
| 90 | 815 | Angie Manley | SW | Witham Running Club | 22 |
| 91 | 759 | Kerry Marsh | SW | Springfield Striders | 24 |
| 92 | 697 | Gaye Nan Der Vyver | SW | Ilford AC | 26 |
| 93 | 619 | Joanne Ling | SW | Billericay Striders | 27 |
| 94 | 613 | Annette Johnson | SW | Benfleet RC | 35 |
| 95 | 676 | Wendy Carter | SW | Halstead Road Runners | 38 |

| | | | | | |
|------------|-----|-------------------------|----|-----------------------|--------|
| 96 | 687 | Alison Evans | SW | Harwich Runners | 39 |
| 97 | 673 | Debs Cee | SW | Great Bentley RC | 51 |
| 98 | 758 | Sharon Bannister | SW | Springfield Striders | 53 |
| 99 | 647 | Hannah Sheikh | SW | Dagenham 88 Runners | 55 |
| 100 | 783 | Clare Hills | SW | Thrift Green Trotters | 42: 21 |
| 101 | 760 | Deborah Hitching | SW | Springfield Striders | 26 |
| 102 | 769 | Lynn Tanner | SW | Springfield Striders | 38 |
| 103 | 648 | Rahana Islam | SW | Dagenham 88 Runners | 49 |
| 104 | 620 | Wendy Read | SW | Billericay Striders | 59 |
| 105 | 621 | Shona Browning | SW | Billericay Striders | 43: 00 |
| 106 | 679 | Leigh-Anne Porter | SW | Halstead Road Runners | 06 |
| 107 | 755 | Debbielyn Hallam | SW | Southend AC | 08 |
| 108 | 761 | Elaine Tribley | SW | Springfield Striders | 13 |
| 109 | 727 | Lynsey Gray | SW | Phoenix Striders | 21 |
| 110 | 685 | Elspeth Knott | SW | Harwich Runners | 27 |
| 111 | 716 | Joelle Ewen | SW | Orion Harriers | 29 |
| 112 | 797 | Stacy Hember | SW | Tiptree Road Runners | 34 |
| 113 | 777 | Anna Luff | SW | Springfield Striders | 39 |
| 114 | 696 | Dianne Crisp | SW | Ilford AC | 44 |
| 115 | 680 | Anna Bambridge | SW | Halstead Road Runners | 49 |
| 116 | 793 | Charlotte Edwards | SW | Thurrock Harriers | 52 |
| 117 | 736 | Caroline Cogdell | SW | Pitsea Running Club | 55 |
| 118 | 763 | Sharon Prince | SW | Springfield Striders | 44: 05 |
| 119 | 773 | Emily Penkett | SW | Springfield Striders | 07 |
| 120 | 707 | Anna Crawley | SW | Ilford AC | 42 |
| 121 | 654 | Fen Coles | SW | Eton Manor AC | 57 |
| 122 | 712 | Iren Petersen | SW | Loughton AC | 45: 14 |
| 123 | 731 | Helen Williams | SW | Pitsea Running Club | 18 |
| 124 | 686 | Helen Benham | SW | Harwich Runners | 19 |
| 125 | 675 | Nicole Smith | SW | Halstead Road Runners | 27 |
| 126 | 734 | Angela Smith | SW | Pitsea Running Club | 46: 15 |
| 127 | 682 | Anne Herbert | SW | Harwich Runners | 23 |
| 128 | 723 | Elizabeth Cox | SW | Phoenix Striders | 25 |
| 129 | 655 | Hayley Dalton | SW | Eton Manor AC | 32 |
| 130 | 709 | Jean Hobbs | SW | Loughton AC | 47 |
| 131 | 735 | Marion Breeze | SW | Pitsea Running Club | 52 |
| 132 | 704 | Julia Galea | SW | Ilford AC | 53 |
| 133 | 615 | Laura Williams | SW | Benfleet RC | 47: 14 |
| 134 | 814 | Leah Roby Smith | SW | Witham Running Club | 28 |
| 135 | 732 | Gillian Harrison | SW | Pitsea Running Club | 34 |
| 136 | 668 | Mala Singh | SW | Eton Manor AC | 48: 09 |
| 137 | 710 | Fiona Petersen | SW | Loughton AC | 40 |
| 138 | 795 | Julia Bawden | SW | Tiptree Road Runners | 49: 06 |
| 139 | 651 | Michelle Baxter Wickham | SW | Eton Manor AC | 10 |
| 140 | 764 | Sarah Goodwin | SW | Springfield Striders | 47 |
| 141 | 800 | Joanne Roblin | SW | Tiptree Road Runners | 50: 17 |
| 142 | 801 | Rebecca Mcvelia | SW | Tiptree Road Runners | 18 |
| 143 | 674 | Lauren Hutley | SW | Halstead Road Runners | 28 |
| 144 | 724 | Nicola Maslen | SW | Phoenix Striders | 51: 14 |
| 145 | 649 | Teresa Flannigan | SW | East Essex Tri | 33 |

| | | | | | | |
|------------|-----|------------------|----|----------------------|-----|----|
| 146 | 698 | Launa Bradley | SW | Ilford AC | | 42 |
| 147 | 671 | Christina Watson | SW | Eton Manor AC | 52: | 19 |
| 148 | 708 | Michaela Davis | SW | Loughton AC | 54: | 00 |
| 149 | 726 | Jackie Bushell | SW | Phoenix Striders | | 07 |
| 150 | 725 | Nicola Burstun | SW | Phoenix Striders | | 08 |
| 151 | 728 | Jenefer Taylor | SW | Phoenix Striders | | 20 |
| 152 | 799 | Pat Rhodes | SW | Tiptree Road Runners | | 58 |
| 153 | 796 | Zoe Gould | SW | Tiptree Road Runners | 56: | 05 |
| 154 | 730 | Sharon Wilkinson | SW | Phoenix Striders | | 34 |
| 155 | 706 | Natasha Mansouri | SW | Ilford AC | | 56 |
| 156 | 699 | Sheila Sinclair | SW | Ilford AC | 57: | 03 |
| 157 | 702 | Pam Jones | SW | Ilford AC | | 49 |

Team Result

| | | |
|-----------|----------------------------------|-----|
| 1 | Basildon AC | 28 |
| 2 | Chelmsford AC | 35 |
| 3 | Victoria Park Harr & Tower H | 70 |
| 4 | Thurrock Harriers | 121 |
| 5 | Orion Harriers | 123 |
| 6 | Springfield Striders | 123 |
| 7 | Colchester Harriers | 124 |
| 8 | Eton Manor AC | 151 |
| 9 | Southend AC | 162 |
| 10 | Benfleet RC | 198 |
| 11 | Victoria Park Harr & Tower H 'B' | 199 |
| 12 | Ilford AC | 295 |
| 13 | Harwich Runners | 295 |
| 14 | Thrift Green Trotters | 295 |
| 15 | Eton Manor AC 'B' | 298 |
| 16 | Southend AC 'B' | 318 |
| 17 | Orion Harriers 'B' | 324 |
| 18 | Springfield Striders 'B' | 336 |
| 19 | Halstead Road Runners | 369 |
| 20 | Tiptree Road Runners | 374 |
| 21 | Loughton AC | 382 |
| 22 | Witham Running Club | 382 |
| 23 | Springfield Striders 'C' | 424 |
| 24 | Eton Manor AC 'C' | 475 |
| 25 | Pitsea Running Club | 497 |
| 26 | Ilford AC 'B' | 512 |
| 27 | Phoenix Striders | 530 |
| 28 | Tiptree Road Runners 'B' | 588 |

Essex Cross Country Championships**SM****Great Notley****06/01/2018**

| Pos | No | Name | | Club | Time |
|------------|-----------|---------------------|-----|----------------------------------|-------------|
| 1 | 235 | Adam Hickey | SM | Southend AC | 40: 44 |
| 2 | 144 | Grant Twist | SM | Havering AC | 41: 16 |
| 3 | 323 | Tom Beedell | SM | Woodford Green with Essex Ladies | 42: 02 |
| 4 | 334 | Darren Southcott | SM | Woodford Green with Essex Ladies | 17 |
| 5 | 326 | Angus Holford | SM | Woodford Green with Essex Ladies | 28 |
| 6 | 44 | Callum Charleston | SM | Chelmsford AC | 52 |
| 7 | 16 | Crispian Bloomfield | SM | Billericay Striders | 43: 01 |
| 8 | 458 | Ramadan Osman | U20 | Colchester Harriers | 04 |
| 9 | 322 | Daniel Steel | SM | Woodford Green with Essex Ladies | 40 |
| 10 | 170 | Alex Richards | SM | Ilford AC | 44: 13 |
| 11 | 221 | Lee Taylor | SM | Southend AC | 30 |
| 12 | 110 | Gary Towers | SM | Eton Manor AC | 42 |
| 13 | 255 | Sam Cornforth | SM | Springfield Striders | 50 |
| 14 | 179 | Ian Clark | SM | Orion Harriers | 52 |
| 15 | 47 | Edward Mitchell | SM | Colchester Harriers | 55 |
| 16 | 248 | James Smith | SM | Springfield Striders | 56 |
| 17 | 134 | Steve Cooper | SM | Harwich Runners | 59 |
| 18 | 184 | Daniel Moses | SM | Orion Harriers | 45: 01 |
| 19 | 133 | Robert Reason | SM | Harwich Runners | 03 |
| 20 | 50 | Allen Smalls | SM | Colchester Harriers | 12 |
| 21 | 48 | Chris Sellens | SM | Colchester Harriers | 18 |
| 22 | 253 | Alex Manton | SM | Springfield Striders | 19 |
| 23 | 214 | Joe Ray | SM | Southend AC | 36 |
| 24 | 318 | Rob Wilbraham | SM | Woodford Green with Essex Ladies | 49 |
| 25 | 33 | Reece Asik | SM | Chelmsford AC | 53 |
| 26 | 238 | Rhys Gillard | SM | Southend AC | 56 |
| 27 | 53 | Nathan Filer | SM | Colchester Harriers | 46: 02 |
| 28 | 330 | Jolyon Everitt | SM | Woodford Green with Essex Ladies | 06 |
| 29 | 321 | Harold Wyber | SM | Woodford Green with Essex Ladies | 09 |
| 30 | 17 | Kurtis Swan | SM | Billericay Striders | 26 |
| 31 | 268 | Tom Oliver | SM | Springfield Striders | 30 |
| 32 | 166 | Malcolm Muir | SM | Ilford AC | 33 |
| 33 | 305 | Ben Wickham | SM | Victoria Park Harr & Tower H | 37 |
| 34 | 143 | Matt Bland | SM | Havering AC | 43 |
| 35 | 2 | Lee Baynton | U20 | Benfleet RC | 45 |
| 36 | 227 | Dominic Le Mare | SM | Southend AC | 48 |
| 37 | 95 | Paul Boddey | SM | Eton Manor AC | 56 |
| 38 | 72 | Daniel King | SM | Colchester Harriers | 47: 12 |
| 39 | 103 | James Hutchison | SM | Eton Manor AC | 21 |
| 40 | 142 | Alfie Waithaka | SM | Havering AC | 31 |
| 41 | 58 | Colin Ridley | SM | Colchester Harriers | 33 |
| 42 | 27 | Chris O'Hara | SM | Billericay Striders | 37 |

| | | | | | | |
|-----------|-----|-----------------|----|----------------------------------|-----|----|
| 43 | 109 | Chris Tait | SM | Eton Manor AC | | 40 |
| 44 | 275 | John Barker | SM | Thrift Green Trotters | | 54 |
| 45 | 36 | Ken Hoye | SM | Chelmsford AC | 48: | 04 |
| 46 | 5 | Terence Spooner | SM | Benfleet RC | | 17 |
| 47 | 117 | Adam Smith | SM | Great Bentley RC | | 19 |
| 48 | 3 | Andrew Low | SM | Benfleet RC | | 22 |
| 49 | 195 | Neil Mcgoun | SM | Orion Harriers | | 24 |
| 50 | 303 | James Bewley | SM | Victoria Park Harr & Tower H | | 26 |
| 51 | 155 | John Whitehead | SM | Havering AC | | 28 |
| 52 | 177 | Gareth Allen | SM | Orion Harriers | | 31 |
| 53 | 315 | Chris Martin | SM | Witham Running Club | | 35 |
| 54 | 254 | Antony Goodall | SM | Springfield Striders | | 39 |
| 55 | 6 | Graham Booty | SM | Benfleet RC | | 43 |
| 56 | 123 | Wesley Atkins | SM | Halstead Road Runners | | 55 |
| 57 | 145 | Martin Chester | SM | Havering AC | 49: | 02 |
| 58 | 39 | Robin Tubbs | SM | Chelmsford AC | | 13 |
| 59 | 301 | Andrew Hutson | SM | Victoria Park Harr & Tower H | | 18 |
| 60 | 97 | Simon Cottle | SM | Eton Manor AC | | 22 |
| 61 | 299 | Duncan Steen | SM | Victoria Park Harr & Tower H | | 24 |
| 62 | 291 | Shawn Brown | SM | Thurrock Harriers | | 27 |
| 63 | 107 | James Pilch | SM | Eton Manor AC | | 38 |
| 64 | 73 | Gavin Scanlon | SM | Colchester Harriers | | 38 |
| 65 | 82 | Gary Coombes | SM | Dagenham 88 Runners | | 44 |
| 66 | 137 | Simon Day | SM | Harwich Runners | | 52 |
| 67 | 293 | Andrew Conway | SM | Tiptree Road Runners | 50: | 00 |
| 68 | 266 | Stuart Raven | SM | Springfield Striders | | 17 |
| 69 | 231 | Alex Kyrakides | SM | Southend AC | | 20 |
| 70 | 111 | Russ Sharp | SM | Great Bentley RC | | 37 |
| 71 | 329 | Gareth Cavell | SM | Woodford Green with Essex Ladies | | 40 |
| 72 | 244 | Paul Anderson | SM | Springfield Striders | | 55 |
| 73 | 245 | Jon Byford | SM | Springfield Striders | | 57 |
| 74 | 156 | Graham Hogan | SM | Havering AC | | 02 |
| 75 | 287 | Robert Doyle | SM | Thurrock Harriers | 51: | 03 |
| 76 | 163 | Neil Crisp | SM | Ilford AC | | 05 |
| 77 | 88 | Dan Gritton | SM | East London Runners | | |
| 78 | 157 | Robbie Cooman | SM | Havering AC | | 08 |
| 79 | 300 | Gary Bagnall | SM | Victoria Park Harr & Tower H | | 09 |
| 80 | 310 | Giles Sowerby | SM | Witham Running Club | | 15 |
| 81 | 286 | Keith Willett | SM | Thurrock Harriers | | 21 |
| 82 | 129 | Mathew Hutley | SM | Halstead Road Runners | | 22 |
| 83 | 87 | Spencer Evans | SM | East London Runners | | 25 |
| 84 | 174 | Jon Whitehouse | SM | Loughton AC | | 28 |
| 85 | 319 | James Perry | SM | Woodford Green with Essex Ladies | | 39 |
| 86 | 279 | Peter Barrett | SM | Thrift Green Trotters | | 44 |
| 87 | 313 | Sean Darney | SM | Witham Running Club | | 49 |
| 88 | 249 | Rob Mills | SM | Springfield Striders | | 51 |
| 89 | 182 | Rob Hayday | SM | Orion Harriers | | 53 |
| 90 | 42 | Peter Waite | SM | Chelmsford AC | | 54 |

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|------------|-----|--------------------|----|----------------------------------|-----|----|
| 91 | 7 | Nick Rankin | SM | Benfleet RC | | 54 |
| 92 | 9 | Alan Clark | SM | Benfleet RC | 52: | 02 |
| 93 | 294 | Craig Dawson | SM | Tiptree Road Runners | | 05 |
| 94 | 302 | Kevin Long | SM | Victoria Park Harr & Tower H | | 08 |
| 95 | 77 | Richard Millward | SM | Colchester Harriers | | 14 |
| 96 | 243 | Robin Mccoy | SM | Springfield Striders | | 16 |
| 97 | 24 | Mark Gower | SM | Billericay Striders | | 21 |
| 98 | 89 | James Nichols | SM | East London Runners | | 28 |
| 99 | 116 | Charlie Keitch | SM | Great Bentley RC | | 32 |
| 100 | 325 | Julian Russell | SM | Woodford Green with Essex Ladies | | 35 |
| 101 | 316 | Leo Cole | SM | Witham Running Club | | 36 |
| 102 | 269 | Tom Sheffle | SM | Springfield Striders | | 54 |
| 103 | 8 | Richard Jones | SM | Benfleet RC | | 55 |
| 104 | 265 | Peter Chubb | SM | Springfield Striders | | 58 |
| 105 | 148 | Steve Walker | SM | Havering AC | 53: | 09 |
| 106 | 125 | Nathan Roulson | SM | Halstead Road Runners | | 10 |
| 107 | 288 | Jon Metcalf | SM | Thurrock Harriers | | 13 |
| 108 | 66 | Alex Sales | SM | Colchester Harriers | | 29 |
| 109 | 242 | Ed Freeman | SM | Springfield Striders | | 32 |
| 110 | 68 | Adam Garrish | SM | Colchester Harriers | | 42 |
| 111 | 115 | Paul Connell | SM | Great Bentley RC | | 47 |
| 112 | 20 | David Butler | SM | Billericay Striders | 54: | 00 |
| 113 | 296 | James Haskey-Jones | SM | Tiptree Road Runners | | 01 |
| 114 | 278 | Phil Olsen | SM | Thrift Green Trotters | | 02 |
| 115 | 285 | Tim Martin | SM | Thurrock Harriers | | 08 |
| 116 | 118 | Gavin Ripton | SM | Halstead Road Runners | | 11 |
| 117 | 35 | Adam Colegrave | SM | Chelmsford AC | | 17 |
| 118 | 67 | Chris Manby | SM | Colchester Harriers | | 22 |
| 119 | 121 | Tom Porter | SM | Halstead Road Runners | | 23 |
| 120 | 127 | Jon Greenley | SM | Halstead Road Runners | | 30 |
| 121 | 306 | Julian Burke | SM | Victoria Park Harr & Tower H | | 30 |
| 122 | 23 | Roy Fleming | SM | Billericay Striders | | 33 |
| 123 | 297 | Iain Rhodes | SM | Tiptree Road Runners | | 40 |
| 124 | 251 | Paul Broome | SM | Springfield Striders | | 41 |
| 125 | 147 | Gary Atkins | SM | Havering AC | | 43 |
| 126 | 10 | Ian Pike | SM | Benfleet RC | | 59 |
| 127 | 314 | Stuart Mills | SM | Witham Running Club | 55: | 02 |
| 128 | 11 | Roy Harwood | SM | Benfleet RC | | 06 |
| 129 | 64 | James Waterson | SM | Colchester Harriers | | 30 |
| 130 | 25 | Matthew Stenning | SM | Billericay Striders | | 41 |
| 131 | 56 | Simon Morgan | SM | Colchester Harriers | 56: | 06 |
| 132 | 284 | Chris Applegate | SM | Thurrock Harriers | | 09 |
| 133 | 32 | Myles Coulson | SM | Braintree and District | | 13 |
| 134 | 194 | Martin Reynolds | SM | Orion Harriers | | 16 |
| 135 | 108 | Robert Sommerville | SM | Eton Manor AC | | 18 |
| 136 | 119 | Rob Frost | SM | Halstead Road Runners | | 23 |
| 137 | 41 | James Williams | SM | Chelmsford AC | | 26 |
| 138 | 273 | Murat Baygeldi | SM | Thrift Green Trotters | | 31 |

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|------------|-----|------------------|----|----------------------------------|-----|----|
| 139 | 216 | Peter Binns | SM | Southend AC | | 39 |
| 140 | 90 | Paul Thompson | SM | East London Runners | | 40 |
| 141 | 99 | Dave Daugirda | SM | Eton Manor AC | | 43 |
| 142 | 12 | Lee Gumbrell | SM | Benfleet RC | | 45 |
| 143 | 267 | Neil Wildin | SM | Springfield Striders | | 50 |
| 144 | 274 | Daniel Ward | SM | Thrift Green Trotters | | 55 |
| 145 | 1 | Lee Daniel | SM | Basildon AC | 57: | 00 |
| 146 | 94 | John Black | SM | Eton Manor AC | | 06 |
| 147 | 98 | Owain Crispin | SM | Eton Manor AC | | 15 |
| 148 | 162 | Dennis Briggs | SM | Ilford AC | | 47 |
| 149 | 135 | Charlie Mccarthy | SM | Harwich Runners | | 48 |
| 150 | 307 | Neil Ingoe | SM | Victoria Park Harr & Tower H | | 51 |
| 151 | 200 | James Price | SM | Phoenix Striders | 58: | 03 |
| 152 | 295 | Mark Lawes | SM | Tiptree Road Runners | | 06 |
| 153 | 128 | Simon Humphrey | SM | Halstead Road Runners | | 07 |
| 154 | 114 | Paul Hollidge | SM | Great Bentley RC | | 09 |
| 155 | 256 | Gary Joslin | SM | Springfield Striders | | 17 |
| 156 | 247 | Tim Brockington | SM | Springfield Striders | | 20 |
| 157 | 263 | Mark Jeffrey | SM | Springfield Striders | | 22 |
| 158 | 261 | Steve Bugden | SM | Springfield Striders | | 28 |
| 159 | 190 | Stephen Bennett | SM | Orion Harriers | | 37 |
| 160 | 100 | Stephen Dunn | SM | Eton Manor AC | | 42 |
| 161 | 270 | Scott Coleman | SM | Springfield Striders | | 45 |
| 162 | 13 | John Small | SM | Benfleet RC | 59: | 08 |
| 163 | 124 | Paul Hinsley | SM | Halstead Road Runners | | 09 |
| 164 | 262 | Philip Watts | SM | Springfield Striders | | 11 |
| 165 | 26 | Alasdair Daw | SM | Billericay Striders | | 15 |
| 166 | 74 | David Hilson | SM | Colchester Harriers | | 24 |
| 167 | 120 | Neil Poulter | SM | Halstead Road Runners | | 36 |
| 168 | 37 | Kevin Kirby | SM | Chelmsford AC | | 41 |
| 169 | 327 | Alistair Holford | SM | Woodford Green with Essex Ladies | | 53 |
| 170 | 75 | Pat,Marsh | SM | Colchester Harriers | 60: | 26 |
| 171 | 153 | Tony Collins | SM | Havering AC | | 29 |
| 172 | 197 | Lee Hazelwood | SM | Phoenix Striders | | 36 |
| 173 | 246 | Dean Mcleod | SM | Springfield Striders | | 47 |
| 174 | 22 | Colin White | SM | Billericay Striders | | 49 |
| 175 | 241 | Greg Goodrem | SM | Southend AC | 61: | 16 |
| 176 | 14 | Stephen Burton | SM | Benfleet RC | | 24 |
| 177 | 38 | Andrew Stewart | SM | Chelmsford AC | | 45 |
| 178 | 264 | Chris Sewell | SM | Springfield Striders | | 53 |
| 179 | 259 | Richard Rule | SM | Springfield Striders | 62: | 02 |
| 180 | 211 | Chris Reed | SM | Pitsea Running Club | | 04 |
| 181 | 84 | Trevor Robinson | SM | Dagenham 88 Runners | | 11 |
| 182 | 199 | Martin Orford | SM | Phoenix Striders | | 39 |
| 183 | 204 | Robert Smith | SM | Pitsea Running Club | 63: | 10 |
| 184 | 131 | Ian Cannons | SM | Harwich Runners | | 51 |
| 185 | 198 | Neal Clark | SM | Phoenix Striders | | 58 |
| 186 | 292 | Ben Clover | SM | Tiptree Road Runners | 64: | 39 |

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|------------|------------------------------|----|------------------------------|-----|----|
| 187 | 132 Matt Doran | SM | Harwich Runners | | 49 |
| 188 | 173 Adnan Karim | SM | Ilford AC | 65: | 12 |
| 189 | 138 Michael Ball | SM | Harwich Runners | | 34 |
| 190 | 209 Roger Everard | SM | Pitsea Running Club | 66: | 02 |
| 191 | 130 Niall Burke | SM | Harwich Runners | | 51 |
| 192 | 126 Dan Cole | SM | Halstead Road Runners | 67: | 26 |
| 193 | 15 Kevin Judge | SM | Benfleet RC | | 31 |
| 194 | 46 Keiron Callaghan | SM | Colchester Harriers | 68: | 31 |
| 195 | 304 Frank Merrigan | SM | Victoria Park Harr & Tower H | | 37 |
| 196 | 112 Frank Gardiner | SM | Great Bentley RC | | 53 |
| 197 | 28 Keith Walker | SM | Billericay Striders | | 54 |
| 198 | 161 Billy Green | SM | Ilford AC | | 57 |
| 199 | 205 John Tracey | SM | Pitsea Running Club | 69: | 29 |
| 200 | 83 Michael Peggall | SM | Dagenham 88 Runners | 70: | 00 |
| 201 | 203 Colin Wikinson | SM | Phoenix Striders | | 11 |
| 202 | 160 Satha Alaganandasundaram | SM | Ilford AC | 71: | 19 |
| 203 | 85 Ian Cummins | SM | Dagenham 88 Runners | | 45 |
| 204 | 312 Colin Short | SM | Witham Running Club | 72: | 43 |
| 205 | 43 Stephen Williams | SM | Chelmsford AC | 73: | 17 |
| 206 | 196 Duncan Russell | SM | Phoenix Striders | 74: | 10 |
| 207 | 202 John Wilkinson | SM | Phoenix Striders | 76: | 50 |
| 208 | 176 David Game | SM | Mid Essex Casuals | 79: | 49 |
| 209 | 122 Axel Voigt | SM | Halstead Road Runners | 81: | 24 |

Team Result

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|-----------|-------------------------------|------|
| 1 | Woodford Green with Essex Lac | 73 |
| 2 | Colchester Harriers | 129 |
| 3 | Southend AC | 166 |
| 4 | Springfield Striders | 204 |
| 5 | Eton Manor AC | 254 |
| 6 | Havering AC | 258 |
| 7 | Chelmsford AC | 341 |
| 8 | Orion Harriers | 356 |
| 9 | Benfleet RC | 367 |
| 10 | Victoria Park Harr & Tower H | 376 |
| 11 | Billericay Striders | 410 |
| 12 | Springfield Striders 'B' | 535 |
| 13 | Colchester Harriers 'B' | 536 |
| 14 | Thurrock Harriers | 572 |
| 15 | Halstead Road Runners | 599 |
| 16 | Harwich Runners | 622 |
| 17 | Ilford AC | 652 |
| 18 | Witham Running Club | 652 |
| 19 | Great Bentley RC | 677 |
| 20 | Tiptree Road Runners | 734 |
| 21 | Benfleet RC 'B' | 837 |
| 22 | Springfield Striders 'C' | 844 |
| 23 | Springfield Striders 'D' | 1013 |

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|-----------|----------------------------------|-------------|
| 24 | Halstead Road Runners 'B' | 1020 |
| 25 | Phoenix Striders | 1097 |