

Essex Cross Country Championships

U17M

Writtle

05/01/2019

Pos	No	Name	Club	Time
1	41	Leon Wheeler	U17M Thurrock Harriers	17: 14
2	36	Aaron Samuel	U17M Ilford AC	24
3	13	Zach Bridgeland	U17M Chelmsford AC	29
4	22	Danny Millward	U17M Colchester Harriers AC	31
5	3	Oliver Lill	U17M Basildon AC	35
6	40	Ben Prior	U17M Thurrock Harriers	41
7	35	Mungo Prior	U17M Ilford AC	45
8	4	Jamie Rashbrook	U17M Basildon AC	51
9	26	Joshua Sowman	U17M Grange Farm & Dunmow Runners	57
10	29	Alex Friend	U17M Havering AC	59
11	39	Sam Wheatley	U17M Southend AC	18: 07
12	30	Harry Jones	U17M Havering AC	08
13	45	Kai Boggon	U17M Woodford Green & Essex Ladies	16
14	49	Thomas Adolphus	U17M Woodford Green & Essex Ladies	20
15	37	Matthew Warner	U17M Southend AC	26
16	42	Finnlay Lowe	U17M Thurrock Harriers	30
17	18	Thomas Palmer	U17M Colchester Harriers AC	31
18	9	Innes Fullerton	U17M Braintree & District AC	39
19	47	Rhys Edwards	U17M Woodford Green & Essex Ladies	55
20	33	Farris Patel	U17M Ilford AC	56
21	32	Bradley Deacon	U17M Ilford AC	19: 09
22	5	Daniel Morris	U17M Basildon AC	20
23	15	Harry Clarke	U17M Chelmsford AC	21
24	2	James Wright	U17M Basildon AC	24
25	14	Ethan Reilly	U17M Chelmsford AC	25
26	6	George Hill	U17M Basildon AC	27
27	11	Scott Thomas	U17M Chelmsford AC	29
28	12	Marke Beale	U17M Chelmsford AC	30
29	10	Aaron Davis	U17M Chelmsford AC	31
30	8	Joshua Mcgill	U17M Basildon AC	59
31	28	Luke Chester	U17M Havering AC	20: 15
32	44	Mason Hambleton	U17M Thurrock Harriers	17
33	43	Henri Willett	U17M Thurrock Harriers	35
34	7	Daniel Mcgill	U17M Basildon AC	21: 33
35	38	Elijah Brown	U17M Southend AC	22: 07

Team Result

1	Ilford AC	50
2	Thurrock Harriers	55
3	Basildon AC	59
4	Chelmsford AC	78

Essex Cross Country Championships

U17W

Writtle

06/01/2018

Pos	No	Name	Club	Time
1	64	Grace Burrell	U17W Basildon AC	19: 50
2	62	Sophie Wetheridge	U17W Basildon AC	20: 49
3	77	Aoibheann Pearce	U17W Orion Harriers	57
4	67	Martha Smith	U17W Chelmsford AC	21: 16
5	78	Annalie Cole	U17W Orion Harriers	17
6	70	Hannah Bolton	U17W Chelmsford AC	22: 08
7	66	Helena Dyce	U17W Cambridge & Coleridge AC	19
8	86	Wren Mclean-Jackson	U17W Woodford Green & Essex Ladies	24
9	61	Hollie Rex	U17W Basildon AC	29
10	63	Kiera Scott	U17W Basildon AC	58
11	69	Faye Sweeting	U17W Chelmsford AC	23: 03
12	79	Savanna Sirkett	U17W Orion Harriers	14
13	82	Emily Fall	U17W Thurrock Harriers	59
14	65	Amelia Daniels	U17W Basildon AC	26: 16

Team Result

1 Basildon AC 22

Essex Cross Country Championships

U20W

Writtle

05/01/2019

Pos	No	Name	Club	Time
1	110	Jessica Mitchell	U20W Havering AC	30: 05
2	109	Kate O'Neill	U20W Havering AC	31: 23
3	104	Rachel Broome	U20W Chelmsford AC	33: 59
4	102	Sinead Clark	U20W Benfleet RC	34: 15
5	105	Elsie Gray	U20W Colchester & Tendring AC	19
6	108	Sophie Rand	U20W Havering AC	49
7	103	Grace Goodall	U20W Benfleet RC	35: 21
8	101	Abby Rex	U20W Basildon AC	36: 00
9	117	Jenna Williams	U20W Southend AC	38: 14
10	114	Ellen Williams	U20W Southend AC	39: 00
11	113	Joanna Rimmington	U20W Southend AC	40: 04
12	112	Jordan Hinds	U20W Ilford AC	56
13	115	Mia Slesser	U20W Southend AC	42: 32

Team Result

1 Southend AC 43

Essex Cross Country Championships

U20M

Writtle

05/01/2019

Pos	No	Name	Club	Time
1	148	Afewerk Rossom	U20M Herts Phoenix	27: 47
2	150	Lewis Harknett	U20M Orion Harriers	28: 16
3	145	James Stewart	U20M Havering AC	31
4	158	Taylor Newell	U20M Thurrock Harriers	36
5	144	Thomas Keevil	U20M Havering AC	39
6	143	Sam Atkins	U20M Havering AC	41
7	128	Owen Thomas	U20M Chelmsford AC	44
8	126	Isaac Brown	U20M Basildon AC	29: 14
9	156	Sarab Dhillon	U20M Thurrock Harriers	29
10	131	Freddy Richardson	U20M Colchester & Tendring AC	35
11	152	Sam Norris	U20M Southend AC	46
12	147	Elliot Cordery	U20M Havering AC	56
13	132	Benjamin Miller	U20M Colchester & Tendring AC	30: 01
14	161	Ermeas Aferwerki	U20M Colchester Harriers AC	33
15	149	Amaniel Tesfay	U20M Herts Phoenix	46
16	140	Luke Gill	U20M East Essex Tri	56
17	157	Jack Exley	U20M Thurrock Harriers	31: 06
18	136	Joseph Patterson	U20M Colchester Harriers AC	32
19	153	Oliver Randall	U20M Southend AC	51
20	127	Matthew Houchell	U20M Basildon AC	32: 20
21	146	Kieran O'Hara	U20M Havering AC	23
22	141	Connor Johnson	U20M Grange Farm & Dunmow Runners	46
23	133	Dominik Nicejewski	U20M Colchester Harriers AC	33: 21
24	130	Joe Lane	U20M Chelmsford AC	43
25	160	Oliver Mann	U20M Thurrock Harriers	35: 49
26	139	Dan Beard	U20M Colchester Harriers AC	57
27	159	Samuel Smith	U20M Thurrock Harriers	37: 04

Team Result

1	Havering AC	26
2	Thurrock Harriers	55
3	Colchester Harriers AC	81

Essex Cross Country Championships

SW

Writtle

05/01/2019

Pos	No	Name		Club	Time
1	219	Jessica Judd	SW	Blackburn Harriers AC	35: 56
2	293	Lauren Deadman	SW	Havering AC	37: 04
3	220	Hannah Irwin	SW	Braintree & District AC	46
4	202	Rachael Wiseman	SW	Basildon AC	38: 03
5	205	Emma Houchell	SW	Basildon AC	04
6	204	Charlotte Bishop	SW	Basildon AC	39: 35
7	383	Rachel Sweatt	SW	Witham Running Club	48
8	203	Kirsty Fitzgibbon	SW	Basildon AC	53
9	303	Sally Judd	SW	Herts Phoenix AC	40: 21
10	347	Nikki Brockbank	SW	Springfield Striders	27
11	382	Laura Kaye	SW	Victoria Park Harriers and Tower	46
12	296	Vicky Smith	SW	Havering AC	55
13	207	Victoria Hiscock	SW	Benfleet RC	41: 13
14	268	Naomi Dews	SW	Eton Manor AC	14
15	328	Lindsay Colman	SW	Southend AC	21
16	227	Aiko Hennington	SW	Colchester Harriers AC	37
17	391	Alicia McArdell	SW	Woodford Green AC with Essex L	59
18	300	Morgan Campbell	SW	Havering AC	42: 06
19	294	Debbie Appleton	SW	Havering AC	20
20	270	Sarah Flanagan	SW	Eton Manor AC	27
21	335	Hayley Lamkin	SW	Southend AC	47
22	229	Andrea James	SW	Colchester Harriers AC	51
23	376	Jo Hall	SW	Victoria Park Harriers and Tower	52
24	248	Jennifer Ansell	SW	East London Runners	43: 18
25	297	Robyn Matson	SW	Havering AC	21
26	236	Denise Morley	SW	Colchester Harriers AC	28
27	224	Helen Taczynski	SW	Colchester Harriers AC	32
28	234	Margaret Deasy	SW	Colchester Harriers AC	54
29	360	Toni Radley	SW	Thurrock Harriers AC	57
30	230	Rebecca Cooke	SW	Colchester Harriers AC	44: 03
31	210	Dominique Hart	SW	Benfleet RC	04
32	357	Lucy Golding	SW	Thurrock Harriers AC	17
33	336	Sarah Pennington	SW	Southend AC	23
34	381	Susan Bint	SW	Victoria Park Harriers and Tower	27
35	334	Sarah Imbush	SW	Southend AC	49
36	333	Holly Gillard	SW	Southend AC	45: 08
37	221	Kathleen Short	SW	Brentwood Running Club	28
38	299	Clare Davies	SW	Havering AC	56
39	278	Zoe Woodward	SW	Eton Manor AC	46: 10
40	349	Rebecca Pitman	SW	Springfield Striders	11
41	269	Claire Fisher	SW	Eton Manor AC	12
42	337	Annabel Matthews-Sn	SW	Southend AC	12

43	329	Tracy English	SW	Southend AC		38
44	295	Joanne Sullivan	SW	Havering AC		41
45	240	Jordi Moat	SW	Colchester Harriers AC		43
46	348	Polly Bridgman	SW	Springfield Striders		58
47	287	Rachael Roughan	SW	Halstead Road Runners	47:	03
48	206	Louise Douglass	SW	Basildon AC		24
49	275	Jane Rukin-White	SW	Eton Manor AC		28
50	368	Tracy Harrington	SW	Tiptree Road Runners		32
51	209	Jayne Stacey	SW	Benfleet RC		40
52	361	Jodie Farrell	SW	Thurrock Harriers AC		45
53	226	Kate Gibson	SW	Colchester Harriers AC	48:	00
54	310	Pippa Dowswell	SW	Orion Harriers		03
55	239	Ella Neale	SW	Colchester Harriers AC		15
56	353	Vic Curren	SW	Springfield Striders		25
57	309	Carlie Qirem	SW	Ilford AC		49
58	214	Barbara Aldridge	SW	Billericay Striders		55
59	250	Sarah Burns	SW	East London Runners	49:	02
60	279	Meera Rajoo-Oakley	SW	Great Bentley Running Club		03
61	274	Kate Malcolm	SW	Eton Manor AC		06
62	292	Madeline Lewis	SW	Harwich Runners	50:	20
63	211	Kelly McClenaghan	SW	Benfleet RC		37
64	257	Maud Hodson	SW	East London Runners		39
65	338	Amy Parmenter	SW	Springfield Striders		43
66	218	Christine Deacon	SW	Billericay Striders		48
67	365	Kate Finch	SW	Tiptree Road Runners	51:	07
68	345	Isobel Gowers	SW	Springfield Striders		18
69	212	Liane Conners	SW	Benfleet RC		41
70	253	Fiona Critchley	SW	East London Runners		47
71	340	Donna Hindle	SW	Springfield Striders	52:	06
72	222	Mary Lloyd	SW	Brentwood Running Club		14
73	385	Sandy Karl	SW	Witham Running Club		28
74	245	Deborah Hall	SW	East Essex Tri		39
75	217	Clare Worley	SW	Billericay Striders		50
76	241	Hannah Sheikh	SW	Dagenham 88 Runners		51
77	271	Kay Gillett	SW	Eton Manor AC		55
78	379	Joyce Berry	SW	Victoria Park Harriers and Tower	53:	05
79	307	Anna Crawley	SW	Ilford AC		21
80	284	Wendy Carter	SW	Halstead Road Runners		38
81	363	Lorraine Baker	SW	Tiptree Road Runners		43
82	355	Hilda O'Kelly	SW	Springfield Striders		54
83	223	Julie Wilson	SW	Brentwood Running Club	54:	02
84	283	Anna Bambridge	SW	Halstead Road Runners		02
85	242	Rahana Islam	SW	Dagenham 88 Runners		11
86	265	Kasia Stachowiak	SW	East London Runners		16
87	285	Sandi Robinson-Miller	SW	Halstead Road Runners		19
88	213	Nikki Leigh	SW	Benfleet RC		25
89	258	Georgie Hooper	SW	East London Runners		29
90	341	Elaine Tribley	SW	Springfield Striders		32

91	286	Sarah Frost	SW	Halstead Road Runners		43
92	359	Sue Beck	SW	Thurrock Harriers AC		52
93	352	Sharon Bannister	SW	Springfield Striders	55:	03
94	216	Sarah Lengthorn	SW	Billericay Striders		15
95	351	Sara Demetriou	SW	Springfield Striders		25
96	369	Stacy Hember	SW	Tiptree Road Runners		26
97	343	Emily Penkett	SW	Springfield Striders		29
98	260	Joanna Neville	SW	East London Runners		30
99	339	Deborah Hitching	SW	Springfield Striders		30
100	373	Pat Rhodes	SW	Tiptree Road Runners	56:	01
101	259	Catriona Hoult	SW	East London Runners		04
102	374	Alison Vincent	SW	Tiptree Road Runners		05
103	254	Fiona Day	SW	East London Runners		20
104	304	Sharon Honey	SW	Ilford AC		31
105	362	Susan Archer	SW	Tiptree Road Runners		37
106	291	Elspeth Knott	SW	Harwich Runners		38
107	280	Treena Carder	SW	Halstead Road Runners		54
108	261	Patricia O'Neill	SW	East London Runners		58
109	252	Hayley Collins	SW	East London Runners		59
110	308	Alison Sale	SW	Ilford AC	57:	19
111	264	Filipa Soares	SW	East London Runners		25
112	256	Kathryn Hertzberg	SW	East London Runners		41
113	263	Alexandra Rutishauser	SW	East London Runners		49
114	390	Susan Edwards	SW	Woodford Green AC with Essex L		51
115	281	Nicole Smith	SW	Halstead Road Runners	58:	07
116	397	Annette Johnson	SW	Benfleet RC		15
117	289	Anne Herbert	SW	Harwich Runners		21
118	386	Sarah Norton	SW	Witham Running Club		25
119	267	Hayley Dalton	SW	Eton Manor AC		45
120	319	Kristina Read	SW	Phoenix Striders	59:	15
121	321	Angela Smith	SW	Pitsea RC		44
122	311	Paula Fairlamb	SW	Orion Harriers	60:	01
123	312	Sarah Mills	SW	Orion Harriers		08
124	306	Frieda Keane	SW	Ilford AC		11
125	305	Julia Galea	SW	Ilford AC	61:	06
126	244	Louise Chappell	SW	Dagenham 88 Runners		23
127	370	Christine King	SW	Tiptree Road Runners		28
128	282	Valerie Kerrison	SW	Halstead Road Runners		40
129	290	Christina Pretty	SW	Harwich Runners	62:	02
130	372	Larina Marsh	SW	Tiptree Road Runners		22
131	276	Mala Singh	SW	Eton Manor AC		26
132	356	Sarah Goodwin	SW	Springfield Striders	63:	10
133	322	Marion Breeze	SW	Pitsea RC		13
134	367	Sharon Hardwicke	SW	Tiptree Road Runners		35
135	364	Julia Bawden	SW	Tiptree Road Runners		47
136	320	Sharon Wilkinson	SW	Phoenix Striders		50
137	262	Diana Rexhepaj	SW	East London Runners		54
138	288	Lauren Hutley	SW	Halstead Road Runners	64:	09

139	246	Teresa Flannagan	SW	East Essex Tri		43
140	243	Lynne Northcott	SW	Dagenham 88 Runners	66:	16
141	366	Mandy Graves	SW	Tiptree Road Runners	67:	31
142	317	Michelle Holman	SW	Phoenix Striders	70:	53
143	375	Sue Long	SW	Tiptree Road Runners	75:	16
144	315	Kirsty Noble	SW	Phoenix Striders	77:	01
145	314	Jackie Bushnell	SW	Phoenix Striders		05
146	313	Nicola Burston	SW	Phoenix Striders		05
147	371	Anita Leaver	SW	Tiptree Road Runners		23
148	318	Adele Moggan	SW	Phoenix Striders	78:	40
149	251	Susan Bushnell	SW	East London Runners	81:	04

Team Result

1	Basildon AC	23
2	Havering AC	51
3	Colchester Harriers AC	91
4	Southend AC	104
5	Eton Manor AC	114
6	Victoria Park Harriers	146
7	Springfield Striders	152
8	Colchester Harriers AC	156
9	Benfleet RC	158
10	Thurrock Harriers AC	205
11	East London Runners	217
12	Springfield Striders 'B'	286
13	Billericay Striders	293
14	Tiptree Road Runners	294
15	Halstead Road Runner	298
16	Eton Manor AC 'B'	306
17	Ilford AC	350
18	East London Runners '	374
19	Springfield Striders 'C'	375
20	Harwich Runners	414
21	Dagenham 88 Runner:	427
22	East London Runners '	431
23	Tiptree Road Runners	434
24	Halstead Road Runner	441
25	East London Runners '	511
26	Tiptree Road Runners	540
27	Phoenix Striders	542

Essex Cross Country Championships

SM

Writtle

05/01/2019

Pos	No	Name		Club	Time
1	623	Adam Hickey	SM	Southend AC	32: 22
2	617	Thomas Frith	SM	Southend AC	26
3	546	Grant Twist	SM	Havering AC	41
4	544	Robert Warner	SM	Havering AC	33: 20
5	548	James Connor	SM	Havering AC	25
6	712	Tom Beedell	SM	Woodford Green AC with Essex Ladies	36
7	444	Ramadam Osman	SM	Colchester Harriers AC	59
8	420	Crispian Bloomfield	SM	Billericay Striders	34: 04
9	667	Alec Finch	SM	Thurrock Harriers	07
10	486	Euan Brown	SM	East London Runners	13
11	709	Darren Southcott	SM	Woodford Green AC with Essex Ladies	22
12	585	George Day	SM	Orion Harriers	32
13	710	Angus Holford	SM	Woodford Green AC with Essex Ladies	36
14	445	Edward Mitchell	SM	Colchester Harriers AC	44
15	714	Daniel Steel	SM	Woodford Green AC with Essex Ladies	45
16	619	Rhys Gillard	SM	Southend AC	56
17	547	Paul Grange	SM	Havering AC	35: 05
18	509	Alex Mckerrell	SM	Eton Manor AC	06
19	638	Alex Manton	SM	Springfield Striders	06
20	682	Paul Gaimster	SM	Victoria Park Harriers and Tower Hamle	06
21	695	John Payne	SM	Victoria Park Harriers and Tower Hamle	07
22	518	James Boshier	SM	Grange Farm & Dunmow Runners	10
23	545	Jamie Buckley-Stanton	SM	Havering AC	16
24	578	Tom Gardner	SM	Ilford AC	21
25	634	Lee Taylor	SM	Southend AC	22
26	721	Ahmed Abdulle	SM	Woodford Green AC with Essex Ladies	24
27	624	Christian Holmes	SM	Southend AC	26
28	583	Ian Clark	SM	Orion Harriers	28
29	708	Joshua Entwistle	SM	Woodford Green AC with Essex Ladies	32
30	577	Alex Richards	SM	Ilford AC	35
31	475	Nathan Filer	SM	Colchester Harriers AC	36
32	435	Kurtis Swan	SM	Braintree & District AC	38
33	685	James Cordwell	SM	Victoria Park Harriers and Tower Hamle	40
34	591	Daniel Moses	SM	Orion Harriers	45
35	694	James Whittle	SM	Victoria Park Harriers and Tower Hamle	52
36	447	Chris Sellens	SM	Colchester Harriers AC	56
37	536	Robert Reason	SM	Harwich Runners	58
38	713	Harold Wyber	SM	Woodford Green AC with Essex Ladies	36: 02
39	587	Nick Harris-Fry	SM	Orion Harriers	09
40	440	David Fewell	SM	Chelmsford AC	11
41	629	Dominic Le Mare	SM	Southend AC	14
42	549	Gavin Watts	SM	Havering AC	27

43	566 Alfie Waithaka	SM	Havering AC		30
44	593 Nick Shasha	SM	Orion Harriers		31
45	530 James Smith	SM	Halstead Road Runners		32
46	726 Daniel Mutlow	SM	Victoria Park Harriers and Tower Hamle		36
47	569 Malcolm Muir	SM	Ilford AC		37
48	501 Paul Boddey	SM	Eton Manor AC		45
49	594 Jack Stroud	SM	Orion Harriers		45
50	507 James Hutchison	SM	Eton Manor AC		46
51	517 Daniel Reynolds	SM	Grange Farm & Dunmow Runners		48
52	636 Patrick Walsh	SM	Southend AC		59
53	409 Lee Baynton	SM	Benfleet RC	37:	00
54	519 Lee Pickering	SM	Grange Farm & Dunmow Runners		02
55	531 Wesley Atkins	SM	Halstead Road Runners		02
56	448 Gavin Scanlon	SM	Colchester Harriers AC		04
57	470 Allen Smalls	SM	Colchester Harriers AC		06
58	580 Reece Barclay	SM	Orion Harriers		19
59	415 Michael Feltham	SM	Benfleet RC		21
60	717 Joe Everitt	SM	Woodford Green AC with Essex Ladies		25
61	550 John Whitehead	SM	Havering AC		25
62	427 Chris O'Hara	SM	Billericay Striders		33
63	693 Elliot Parker	SM	Victoria Park Harriers and Tower Hamle		33
64	654 Paul Miles	SM	Springfield Striders		36
65	687 James Bewley	SM	Victoria Park Harriers and Tower Hamle		39
66	416 Kieran Feltham	SM	Benfleet RC		40
67	556 Barry Smith	SM	Havering AC		41
68	588 Brian Jenkins	SM	Orion Harriers		44
69	610 Shane Boxall	SM	Southend AC		45
70	581 Thomas Beasley	SM	Orion Harriers		48
71	571 Seb Paris	SM	Ilford AC		52
72	639 Antony Goodall	SM	Springfield Striders		07
73	691 Gareth Evans	SM	Victoria Park Harriers and Tower Hamle	38:	13
74	589 Neil McGoun	SM	Orion Harriers		14
75	472 Paul Rodgers	SM	Colchester Harriers AC		15
76	504 Simon Cottle	SM	Eton Manor AC		15
77	669 Toby Draper	SM	Thurrock Harriers		
78	675 Robert Doyle	SM	Thurrock Harriers		15
79	705 Chris Martin	SM	Witham Running Club		17
80	716 Pete Caton	SM	Woodford Green AC with Essex Ladies		19
81	515 Christopher Tait	SM	Eton Manor AC		20
82	683 Andy Waterman	SM	Victoria Park Harriers and Tower Hamle		21
83	559 Matthew Bland	SM	Havering AC		22
84	644 Greg Deacon	SM	Springfield Striders		26
85	458 Robbie Smith	SM	Colchester Harriers AC		32
86	552 Martin Chester	SM	Havering AC		44
87	526 Adam Smith	SM	Great Bentley Running Club		45
88	521 Graham Freeman	SM	Grange Farm & Dunmow Runners		49
89	499 Giles Bailey	SM	Eton Manor AC		53
90	690 Duncan Steen	SM	Victoria Park Harriers and Tower Hamle		58

91	564 Tony Pecoraro	SM	Havering AC	39:	00
92	655 Philip Smith	SM	Springfield Striders		05
93	512 James Pilch	SM	Eton Manor AC		11
94	640 David Lindsay	SM	Springfield Striders		16
95	568 John Crawley	SM	Ilford AC		18
96	523 Richard Mead	SM	Grange Farm & Dunmow Runners		30
97	493 Dan Gritton	SM	East London Runners		42
98	524 Russ Sharp	SM	Great Bentley Running Club		42
99	686 Andrew Hutson	SM	Victoria Park Harriers and Tower Hamle		46
100	652 Paul Broome	SM	Springfield Striders		50
101	660 Tom Sheffle	SM	Springfield Striders		57
102	699 Leo Cole	SM	Witham Running Club		57
103	491 Spencer Evans	SM	East London Runners	40:	07
104	467 Tim Ballard	SM	Colchester Harriers AC		08
105	439 Michael Bridgeland	SM	Chelmsford AC		09
106	697 Scott Darney	SM	Witham Running Club		11
107	404 Andrew Low	SM	Benfleet RC		14
108	597 Ewan McFarlane	SM	Phoenix Striders		16
109	502 Paul Cates	SM	Eton Manor AC		23
110	465 Keith Marley	SM	Colchester Harriers AC		29
111	503 David Cato	SM	Eton Manor AC		31
112	651 Paul Anderson	SM	Springfield Striders		32
113	410 Graham Booty	SM	Benfleet RC		34
114	676 Andy Conway	SM	Tiptree Road Runners		37
115	527 Charlie Keitch	SM	Great Bentley Running Club		40
116	437 Peter Barrett	SM	Brentwood Running Club		43
117	551 Steve Walker	SM	Havering AC		47
118	663 Simon Bowring	SM	Springfield Striders		49
119	672 Keith Willett	SM	Thurrock Harriers		51
120	454 Kevin Higgens	SM	Colchester Harriers AC		56
121	653 Paul Jeggo	SM	Springfield Striders		59
122	495 James Nichols	SM	East London Runners	41:	01
123	704 Matt Jordan	SM	Witham Running Club		06
124	579 Sam Rahman	SM	Ilford AC		10
125	627 Oliver Kyriakides	SM	Southend AC		11
126	718 Julian Russell	SM	Woodford Green AC with Essex Ladies		17
127	539 Simon Day	SM	Harwich Runners		19
128	403 Alan Clark	SM	Benfleet RC		21
129	698 Giles Sowerby	SM	Witham Running Club		24
130	650 Neil Wildin	SM	Springfield Striders		27
131	576 Daniel Holeyman	SM	Ilford AC		28
132	413 Ciaran Byrne	SM	Benfleet RC		35
133	537 Robin Brookes	SM	Harwich Runners		38
134	723 Paul Manson	SM	Woodford Green AC with Essex Ladies		40
135	522 Declan Evans	SM	Grange Farm & Dunmow Runners		41
136	574 Dirmuid Mac Donnell	SM	Ilford AC		47
137	696 Paul Mee	SM	Victoria Park Harriers and Tower Hamle		50
138	484 Daniel Jay Senior	SM	East London Runners		54

139	468 Nicholas Kricka	SM	Colchester Harriers AC		54
140	411 Nick Rankin	SM	Benfleet RC		57
141	582 William Breese	SM	Orion Harriers		59
142	406 Ian Pike	SM	Benfleet RC	42:	02
143	643 Gary Joslin	SM	Springfield Striders		04
144	665 Nicholas Towell	SM	Springfield Striders		05
145	513 Robert Sommerville	SM	Eton Manor AC		05
146	611 James Champion	SM	Southend AC		06
147	632 Matthew Randall	SM	Southend AC		08
148	443 Lee Holihan	SM	Colchester Harriers AC		22
149	422 David Sweet	SM	Billericay Striders		25
150	505 George Fernandez	SM	Eton Manor AC		37
151	670 Eamonn Shelley	SM	Thurrock Harriers		40
152	557 Jason Crispin	SM	Havering AC		42
153	684 Kevin Long	SM	Victoria Park Harriers and Tower Hamle		45
154	441 Peter Tullett	SM	Chelmsford AC		48
155	529 Tom Porter	SM	Halstead Road Runners		49
156	408 Richard Jones	SM	Benfleet RC		52
157	702 Simon Cresswell	SM	Witham Running Club		57
158	666 Peter Chubb	SM	Springfield Striders	43:	00
159	516 Graham White	SM	Eton Manor AC		01
160	464 Simon Ford	SM	Colchester Harriers AC		05
161	599 Andrew Morris	SM	Phoenix Striders		06
162	592 Martin Reynolds	SM	Orion Harriers		11
163	426 Eamon Brown	SM	Billericay Striders		25
164	417 Brian Venton	SM	Benfleet RC		38
165	500 John Black	SM	Eton Manor AC		49
166	703 Simon Scott	SM	Witham Running Club	44:	11
167	525 Andy Hart	SM	Great Bentley Running Club		15
168	671 Christopher Applegate	SM	Thurrock Harriers		30
169	586 Buddy Green	SM	Orion Harriers		33
170	673 Steven Ball	SM	Thurrock Harriers		40
171	497 Terry Lewsey	SM	East London Runners		57
172	700 Bill Smythe	SM	Witham Running Club		58
173	450 Simon Morgan	SM	Colchester Harriers AC	45:	01
174	567 Andy Catton	SM	Ilford AC		05
175	528 Donald English	SM	Halstead Road Runners		08
176	532 Gavin Ripton	SM	Halstead Road Runners		11
177	615 Richard Farr	SM	Southend AC		12
178	658 Steve Bugden	SM	Springfield Striders		17
179	414 Doug Stephens	SM	Benfleet RC		21
180	562 Roy James	SM	Havering AC		27
181	425 Colin White	SM	Billericay Striders		30
182	455 Andy Taczynski	SM	Colchester Harriers AC		42
183	595 Lee Hazelwood	SM	Phoenix Striders	46:	03
184	659 Tim Brockington	SM	Springfield Striders		06
185	520 Luca Predebon	SM	Grange Farm & Dunmow Runners		13
186	645 Julian Catmull	SM	Springfield Striders		17

187	701 Mark Austin	SM	Witham Running Club		59
188	492 Emmet Fitzgibbon	SM	East London Runners	47:	08
189	668 Gary Rowlatt	SM	Thurrock Harriers		14
190	715 Alistair Holford	SM	Woodford Green AC with Essex Ladies		16
191	488 Gareth Davies	SM	East London Runners		19
192	608 Peter Binns	SM	Southend AC		25
193	565 Tony Collins	SM	Havering AC		54
194	481 Jamie Austin	SM	Dagenham 88 Runners	48:	02
195	438 Kevin Kirby	SM	Chelmsford AC		07
196	496 Paul Thompson	SM	East London Runners		19
197	407 Stephen Burton	SM	Benfleet RC		24
198	473 Martyn Claydon	SM	Colchester Harriers AC		40
199	601 Martin Orford	SM	Phoenix Striders		43
200	602 Scott OLoughlin	SM	Phoenix Striders	49:	00
201	457 Keiron Callaghan	SM	Colchester Harriers AC		02
202	572 Trevor Robinson	SM	Ilford AC		06
203	596 Colin Wilkinson	SM	Phoenix Striders		59
204	649 Neil Mapes	SM	Springfield Striders	50:	43
205	575 Anthony Young	SM	Ilford AC	51:	10
206	680 Iain Rhodes	SM	Tiptree Road Runners		15
207	674 Bernard Johnson	SM	Thurrock Harriers		31
208	533 Phil Jeffries	SM	Halstead Road Runners		41
209	543 Trevor Lewis	SM	Harwich Runners	52:	43
210	540 Steve Manley	SM	Harwich Runners	53:	21
211	477 Manji Gami	SM	Dagenham 88 Runners		38
212	479 Michael Peggall	SM	Dagenham 88 Runners	54:	42
213	514 Lance Tabraham	SM	Eton Manor AC	55:	33
214	677 Nick Archer	SM	Tiptree Road Runners		34
215	706 Anthony Smith	SM	Witham Running Club		59
216	480 Ian Cummins	SM	Dagenham 88 Runners	56:	31
217	605 James Russell	SM	Pitsea RC		51
218	428 Steve Foggo	SM	Billericay Striders	57:	24
219	478 Andy Beazeley	SM	Dagenham 88 Runners		39
220	679 Paul Graves	SM	Tiptree Road Runners	58:	28
221	689 Frank Merrigan	SM	Victoria Park Harriers and Tower Hamle	59:	17
222	510 Geoffrey Nicholls	SM	Eton Manor AC		18
223	598 Peter Eates	SM	Phoenix Striders		23
224	538 Roly Knott	SM	Harwich Runners		39
225	664 Steve Brame	SM	Springfield Striders		50
226	482 Luke Summers	SM	Dagenham 88 Runners	60:	14
227	570 Ray Sparra Everingham	SM	Ilford AC	61:	59
228	606 Peter Bates	SM	Pitsea RC	62:	11
229	489 Arthur Diaz	SM	East London Runners		25
230	681 Jeff Fairfull	SM	Tiptree Road Runners	65:	32

Team Result

1	Havering AC	94
2	Woodford Green AC with Essex L:	100
3	Southend AC	112
4	Colchester Harriers AC	201
5	Orion Harriers	206
6	Victoria Park Harriers and Tower	218
7	Eton Manor AC	362
8	Ilford AC	391
9	Springfield Striders	425
10	Havering AC 'B'	431
11	Grange Farm & Dunmow Runners:	446
12	Benfleet RC	526
13	Victoria Park Harriers and Tower	546
14	Orion Harriers 'B'	573
15	Thurrock Harriers	602
16	Woodford Green AC with Essex L:	628
17	Colchester Harriers AC 'B'	633
18	East London Runners	641
19	Springfield Striders 'B'	682
20	Witham Running Club	696
21	Southend AC 'B'	716
22	Eton Manor AC 'B'	767
23	Billericay Striders	781
24	Halstead Road Runners	814
25	Benfleet RC 'B'	913
26	Harwich Runners	940
27	Springfield Striders 'C'	993
28	Phoenix Striders	1054
29	Colchester Harriers AC 'C'	1062
30	Ilford AC 'B'	1075
31	Dagenham 88 Runners	1278