

Essex Cross Country League (1)

<u>Horseheath</u>				<u>U13 Boys</u>				<u>28-10-17</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Matthew Blacklock	Havering AC	11: 14	41	Samuel Putt	Harlow AC	15: 21				
2	Luca McGrath	Cambridge & Coleridge AC	27	42	Jake Bolton	Basildon AC	24				
3	Henry Dover	Colchester & Tendring AC	30	43	Ellis Wright	Basildon AC	16: 07				
4	Jake Borrett	Cambridge & Coleridge AC	32	44	Logan Putt	Harlow AC	46				
5	Shane Hart	Havering AC	34	45	Noel Moore	Orion Harriers	17: 03				
6	Jimmy Geller	Guest - Woodford Green	39	46	Liam Keevil	Basildon AC	09				
7	Isaac Rothwell	Cambridge & Coleridge AC	42	47	Johnny Stuchfield	Orion Harriers	15				
8	Jake Latham	Cambridge & Coleridge AC	43								
9	Lewis Buchallet	Cambridge & Coleridge AC	43								
10	Nathan Wright	Guest - Woodford Green	47								
11	George Keen	Cambridge & Coleridge AC	54								
12	Will Steadman	Chelmsford AC	12: 05								
13	Alessandro Berni	Guest - Woodford Green	07								
14	Matthew Hick	Ilford AC	10								
15	Oliver Prince	Braintree & District AC	22								
16	Thomas Wood	Braintree & District AC	23								
17	Cooper Mills	Chelmsford AC	32								
18	James Hawkins	Cambridge & Coleridge AC	35								
19	Thomas Peacock	Thurrock Harriers	39								
20	Daniel Zailer-Fletcher	Cambridge & Coleridge AC	44								
21	Lawrence Martin	Chelmsford AC	44								
22	Lucas Smith	East Essex Triathlon Club	47								
23	Hugo Jones	Southend-on-Sea AC	51								
24	Jacob Alexander	Chelmsford AC	13: 09								
25	Alex Kerr	Havering AC	16								
26	Joseph Baxter	Havering AC	24								
27	Joseph Perry	Chelmsford AC	34								
28	Jack Edwards	Basildon AC	36								
29	Jack Rushworth	Harlow AC	42								
30	Zachary Churchill	Southend-on-Sea AC	46								
31	Alistair Moscuzza	Braintree & District AC	54								
32	Alex Blake	Cambridge & Coleridge AC	57								
33	Harry Elgar	Southend-on-Sea AC	59								
34	Kieran Rodd	Southend-on-Sea AC	14: 04								
35	Alex Ley	East Essex Triathlon Club	20								
36	Arthur Cooke	Cambridge & Coleridge AC	22								
37	Joshua Lee-Prime	Havering AC	26								
38	Ronan Longman-Young	Benfleet Running Club	31								
39	Archie Winney	Havering AC	52								
40	Ryan McCarthy	Havering AC	15: 05								

Teams

1	Cambridge & Coleridge AC	21
2	Havering AC	57
3	Chelmsford AC	74
3	Southend-on-Sea AC	120
5	Basildon AC	159
6	Braintree & District AC	62 (3)
7	Harlow AC	114 (3)
8	East Essex Triathlon Club	57 (2)
9	Orion Harriers	92 (2)
10	Colchester & Tendring AC	3 (1)
11	Ilford AC	14 (1)
12	Thurrock Harriers	19 (1)
13	Benfleet Running Club	38 (1)

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<u>Horseheath</u>				<u>U15 Girls</u>		<u>28-10-17</u>					
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Demi Eves	Thurrock Harriers	15: 57	41	Robyn Bartholomew	Southend-on-Sea AC	20: 36				
2	Sydney Foley	Havering AC	16: 03	42	Sophie Russell	Cambridge & Coleridge AC					
3	Megan Harris	Basildon AC	06	43	Becci Leddy	Orion Harriers	41				
4	Abigail Ives	Basildon AC	33	44	India Emery	Orion Harriers	55				
5	Matilda Taylor	Cambridge & Coleridge AC	40	45	Alice Atkins	Havering AC	21: 03				
6	Frances Haines	Cambridge & Coleridge AC	40	46	Amy Thompson	Colchester & Tendring AC	05				
7	Sophie Wetheridge	Basildon AC	45	47	Amelia Loveridge	Harlow AC	20				
8	Keirra Scott	Basildon AC	49	48	Jessica James	Havering AC	46				
9	Sophie Magson	Orion Harriers	55	49	Eve Smith	Orion Harriers	58				
10	Lauryn Wood	Chelmsford AC	17: 17								
11	Holly Freegard	Basildon AC	24								
12	Hannah Bolton	Chelmsford AC	40								
13	Hannah Phipps	Basildon AC	46								
14	Millie Robson	Cambridge & Coleridge AC	47								
15	Daizy Harris	Basildon AC	52								
16	Alice Brown	Havering AC	58								
17	Madison Harris	Basildon AC	18: 04								
18	Natalie Smith	East Essex Triathlon Club	09								
19	Somma Aitamarri	Basildon AC	27								
20	Sasha Clark	Cambridge & Coleridge AC	28								
21	Lily Bath	Havering AC	35								
22	Hollie Rex	Basildon AC	36								
23	Morgan Romain	Havering AC	37								
24	Tia Cocca	Chelmsford AC	39								
25	Alex Dawson	Orion Harriers	41								
26	Aino Turunen	Cambridge & Coleridge AC	51								
27	Sasha Whiley	Chelmsford AC	56								
28	Rebecca O'Rourke	Havering AC	19: 00								
29	Amelie Maris	Cambridge & Coleridge AC	02								
30	Lois Hale	Harlow AC	03								
31	Faye Sweeting	Chelmsford AC	09								
32	Hannah Peacock	Thurrock Harriers	14								
33	Iris Brandon	Orion Harriers	21								
34	Kennedy Beardwell	Thurrock Harriers	27								
35	Jessie Collier	Havering AC	42								
36	Leah Brewer	Thurrock Harriers	56								
37	Lena Leinemann	Discovery Triathlon Club	20: 00								
38	Jasmine Offlier	Orion Harriers	09								
39	Emily Fall	Thurrock Harriers	13								
40	MacKenzie Cranfield	Harlow AC	31								

Teams

1	Basildon AC	22
2	Cambridge & Coleridge AC	45
3	Havering AC	62
4	Chelmsford AC	73
5	Thurrock Harriers	103
6	Orion Harriers	105
7	Harlow AC	117 (3)
8	East Essex Triathlon Club	18 (1)
9	Discovery Triathlon Club	37 (1)
10	Southend-on-Sea AC	41 (1)
11	Colchester & Tendring AC	46 (1)

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Essex Cross Country League (1)

<u>Horseheath</u>			<u>U17/20 Women</u>	<u>28-10-17</u>	
Pos	Age	Name	Team	Time	
1	U17	Jessica Mitchell	Havering AC	18: 45	
2	U17	Hayley Instance	Thurrock Harriers	19: 42	
3	U17	Kate O'Neill	Havering AC	45	
4	U20	Victoria Hiscock	Benfleet Running Club	20: 01	
5	U17	Grace Burrell	Basildon AC	03	
6	U17	Molly Sweetman	Havering AC	07	
7	U17	Sophie Rand	Havering AC	13	
8	U17	Hannah Watson	Colchester Harriers AC	15	
9	U17	Elsie Gray	Colchester & Tendring AC	43	
10	U20	Rachel Broome	Chelmsford AC	58	
11	U17	Helena Dyce	Cambridge & Coleridge AC	21: 09	
12	U17	Annalie Cole	Orion Harriers	22	
13	U17	Joanna Rimmington	Southend-on-Sea AC	42	
14	U17	Abby Rex	Basildon AC	53	
15	U17	Aiobhean Pearce	Orion Harriers	22: 00	
16	U17	Grace Dukelow	Havering AC	05	
17	U20	Annie Quantrill	Cambridge & Coleridge AC	18	
18	U17	Beth Ashley	Basildon AC	26	
19	U17	Jordan Hinds	Ilford AC	40	
20	U17	Beth Irving	Cambridge & Coleridge AC	47	
21	U20	Megan Williams	Chelmsford AC	23: 08	
22	U17	Jenna Williams	Southend-on-Sea AC	11	
23	U17	Abbie Kerr	Braintree & District AC	21	
24	U17	Sienna Taylor	Guest - Woodford Green	29	
25	U17	Charlotte Matthews	Chelmsford AC	38	
26	U17	Elizabeth Woods	Colchester Harriers AC	44	
27	U20	Ellen Williams	Southend-on-Sea AC	45	
28	U20	Katheryn Bell	Cambridge & Coleridge AC	59	
29	U20	Brooke Mensah	Thurrock Harriers	24: 17	
30	U17	Amelia Daniel	Basildon AC	45	
31	U17	Lucie Ball	Thurrock Harriers	49	
32	U20	Abbi-May Walters	Benfleet Running Club	58	
33	U17	Lucy Priestley	Havering AC	25: 34	
34	U17	Charlotte Grant	Orion Harriers	38	
35	U20	Nancy Callagher	Orion Harriers	42	
36	U20	Emily James	Havering AC	59	
37	U17	Daisy Hilson	Colchester Harriers AC	26: 20	
38	U17	Lily Waterson	Colchester Harriers AC	23	
39	U17	Amelia Day	Havering AC	45	
40	U20	Leah McGill	Basildon AC	55	
41	U20	Georgia Phillips	Havering AC	28: 45	

Teams	
1	Havering AC 17
2	Basildon AC 67
3	Cambridge & Coleridge AC 76
4	Orion Harriers 96
5	Colchester Harriers AC 109
6	Chelmsford AC 56 (3)
7	Southend-on-Sea AC 62 (3)
8	Thurrock Harriers 62 (3)
9	Benfleet Running Club 36 (2)
10	Colchester & Tendring AC 9 (1)
11	Ilford AC 19 (1)
12	Braintree & District AC 23 (1)

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Essex Cross Country League (1)

<u>Horseheath</u>		<u>U17 Men</u>	<u>28-10-17</u>	
Pos	Name	Team	Time	
1	Elliot Cordery	Chelmsford AC	21: 14	
2	Lewis Harknett	Orion Harriers	33	
3	Joseph Clark	Orion Harriers	44	
4	Oliver Lill	Basildon AC	57	
5	Max Caulfield	Colchester Harriers AC	22: 05	
6	Tom Keevil	Chelmsford AC	06	
7	Joseph Geller	Guest Woodford Green	10	
8	Sam Norris	Southend-on-Sea AC	16	
9	Oliver Randall	Southend-on-Sea AC	22	
10	Ben Prior	Thurrock Harriers	37	
11	Zack Bridgeland	Chelmsford AC	39	
12	Sam Atkins	Havering AC	49	
13	Alex Friend	Havering AC	49	
14	Isaac Brown	Basildon AC	23: 00	
15	Taylor Newell	Thurrock Harriers	06	
16	Sam Wheatley	Southend-on-Sea AC	41	
17	Danny Millward	Colchester Harriers AC	45	
18	Freddy Richardson	Colchester & Tendring AC	53	
19	Charlie Sullivan	Benfleet Running Club	55	
20	Owen Harknett	Orion Harriers	24: 02	
21	Joe Lane	Chelmsford AC	06	
22	Oliver Woods	Havering AC	24	
23	Luke Gill	East Essex Triathlon Club	26	
24	Josh Borrett	Cambridge & Coleridge AC	33	
25	Brian Wong	Thurrock Harriers	46	
26	George Hill	Basildon AC	53	
27	Matthew Houchell	Basildon AC	25: 17	
28	Daniel McGill	Basildon AC	29	
29	Fergus Crouch	Colchester Harriers AC	30	
30	William Jones	Orion Harriers	31	
31	Ben Lea	Cambridge & Coleridge AC	39	
32	Jonathan Lord	Colchester & Tendring AC	58	
33	James Wright	Basildon AC	26: 13	
34	Mark Beale	Chelmsford AC	15	
35	Louis Berrett	Havering AC	23	
36	Henri Willett	Thurrock Harriers	27: 57	
37	Harry Smith	Southend-on-Sea AC	29: 25	

Teams		
1	Chelmsford AC	39
2	Orion Harriers	55
3	Southend-on-Sea AC	70
4	Basildon AC	71
5	Havering AC	82
6	Thurrock Harriers	86
7	Colchester Harriers AC	51 (3)
8	Colchester & Tendring AC	50 (2)
9	Cambridge & Coleridge AC	55 (2)
10	Benfleet Running Club	19 (1)
11	East Essex Triathlon Club	23 (1)

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<u>Horseheath</u>			<u>Senior Women</u>	<u>28-10-17</u>	
Pos	Age	Name	Team	Time	Division 1 Teams (4 to score)
1	V35	Liz Davies	Springfield Striders RC	22: 41	1 Chelmsford AC 30
2	SW	Faye Fullerton	Havering AC	: 49	2 Basildon AC 54
3	V35	Rachel Wiseman	Basildon AC	24: 11	3 Havering AC 70
4	SW	Megan Evans	Chelmsford AC	: 12	4 Colchester Harriers AC 72
5	SW	Clare Thurgood	Orion Harriers	: 23	5 Southend-on-Sea AC 76
6	V40	Sarah Stradling	Colchester Harriers AC	: 45	6 Cambridge & Coleridge AC 81
7	V35	Rebecca Luxton	Chelmsford AC	25: 21	7 Orion Harriers 105
8	SW	Charlotte Bishop	Basildon AC	: 46	8 Springfield Striders RC 192
9	V45	Wendy King	Chelmsford AC	: 50	9 Benfleet Running Club 194
10	SW	Rebecca Cole	Chelmsford AC	: 58	10 Halstead RR 257
11	SW	Claire Somerton	Cambridge & Coleridge AC	26: 16	11 Thrift Green Trotters 259
12	SW	Ginte Bailey	Havering AC	: 29	12 Billericay Striders RC 161 (3)
13	SW	Sarah Imbush	Southend-on-Sea AC	: 31	
14	SW	Nicola Bredin	Basildon AC	: 54	Division 2 Teams (4 to score)
15	V35	Hayley Rogerson	Orion Harriers	27: 07	1 Ilford AC 248
16	SW	Jess Cocker	Cambridge & Coleridge AC	: 10	2 Grange Farm & Dunmow Runr 248
17	V35	Dominique Hart	Benfleet Running Club	: 12	3 Phoenix Striders 282
18	SW	Robyn Matson	Havering AC	: 30	4 JBR Run and Tri 350
19	SW	Sarah Sellens	Colchester Harriers AC	: 46	5 Pitsea Running Club 407
20	SW	Hayley Lamkin	Southend-on-Sea AC	: 49	6 Loughton AC 179 (3)
21	SW	Sarah Pennington	Southend-on-Sea AC	: 50	7 Thurrock Harriers 180 (3)
22	SW	Holly Gillard	Southend-on-Sea AC	: 57	8 Braintree & District AC 242 (3)
23	SW	Ella Neale	Colchester Harriers AC	: 58	9 Mid Essex Casuals 110 (1)
24	SW	Samantha Hart	Colchester Harriers AC	: 59	
25	SW	Hayley Pegg	Chelmsford AC	28: 25	Veterans Teams (3 to score)
26	V50	Stefanie Godfrey	Cambridge & Coleridge AC	: 27	1 Colchester Harriers AC 69
27	V50	Debbie Cattermole	Colchester Harriers AC	: 30	2 Orion Harriers 100
28	V40	Rachel Pritchard	Cambridge & Coleridge AC	: 44	3 Cambridge & Coleridge AC 108
29	SW	Ellie Meadow	Basildon AC	: 44	4 Springfield Striders RC 111
30	V45	Anne Jenkinson	Southend-on-Sea AC	: 46	5 Southend-on-Sea AC 116
31	V40	Victoria Peacock	Thurrock Harriers	: 48	6 Benfleet Running Club 125
32	SW	Rachael Roughan	Halstead RR	: 56	7 Billericay Striders RC 161
33	SW	Emily Ballard	Basildon AC	29: 07	8 Havering AC 170
34	V40	Rachel Flannigan	Phoenix Striders	: 13	9 Ilford AC 173
35	V35	Caroline Real	Loughton AC	: 14	9 Phoenix Striders 176
36	V35	Ellie Cumner	Colchester Harriers AC	: 42	11 Loughton AC 179
37	V50	Nikki Ranson	Springfield Striders RC	: 43	12 Thrift Green Trotters 185
38	V40	Joanne Sullivan	Havering AC	: 46	13 Grange Farm & Dunmow Runr 208
39	V40	Lorraine Gosling	Orion Harriers	: 48	14 Braintree & District AC 242
40	SW	Rebecca Davidson	Grange Farm & Dunmow Runr	: 49	15 JBR Run and Tri 249
41	V50	Lorna Gaffney	Loughton AC	: 54	16 Pitsea Running Club 296
42	V35	Kasia Kostyrka-Allchorne	Southend-on-Sea AC	: 56	17 Chelmsford AC 16 (2)
43	V45	Nikki Leigh	Benfleet Running Club	: 57	18 Basildon AC 58 (2)
44	V45	Vanessa Mathers	Southend-on-Sea AC	30: 15	19 Thurrock Harriers 78 (2)
45	SW	Jade Edwards	Havering AC	: 21	20 Halstead RR 89 (1)
					21 Mid Essex Casuals 110 (1)
					22 East Essex Triathlon Club 115 (1)

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Pos	Age	Name	Team	Time
46	V50	Pippa Dowswell	Orion Harriers	30: 24
47	V50	Jodie Farrell	Thurrock Harriers	: 27
48	V45	Sue Cribbs	Southend-on-Sea AC	: 34
49	V55	Nicola Hopkinson	Ilford AC	: 46
50	V40	Ruth Havis	Billericay Striders RC	: 48
51	V35	Clare Worley	Billericay Striders RC	: 49
52	V40	Marijke Van Eetvelde	Thrift Green Trotters	: 54
53	V50	Josephine Sheffield	Braintree & District AC	: 57
54	V50	Karen Cameron	Cambridge & Coleridge AC	: 58
55	V45	Mandy Wetheridge	Basildon AC	: 59
56	V40	Angela Thompson	Havering AC	31: 04
57	V40	Gill Bridger	Cambridge & Coleridge AC	: 15
58	V55	Carlie Qirem	Ilford AC	: 18
59	SW	Leigh-Anne Porter	Halstead RR	: 55
60	V45	Joanne Ling	Billericay Striders RC	: 59
61	V45	Brady Ramsay	Grange Farm & Dunmow Runr	32: 05
62	V40	Madeleine Knight	Thrift Green Trotters	: 08
63	V45	Louise Young	JBR Run and Tri	: 10
64	V50	Elizabeth Cahill	Braintree & District AC	: 14
65	V40	Liane Connors	Benfleet Running Club	: 16
66	V45	Gaye Van Der Vyver	Ilford AC	: 26
67	V45	Rebecca Taylor	Southend-on-Sea AC	: 27
68	V50	Prunella Hayhow	Grange Farm & Dunmow Runr	: 31
69	V50	Annette Johnson	Benfleet Running Club	: 33
70	V35	Kristina Read	Phoenix Striders	: 36
71	V40	Nina Barrett	Thrift Green Trotters	: 37
72	V50	Jo Pearce	Phoenix Striders	: 47
73	V45	Allison Gillan	Springfield Striders RC	: 53
74	SW	Nicky Panter	Thrift Green Trotters	: 54
75	V55	Dianne Crisp	Ilford AC	33: 04
76	V50	Juliet Ward	Havering AC	: 14
77	SW	Cat Bennison	Halstead RR	: 15
78	SW	Joelle Ewen	Orion Harriers	: 24
79	V50	Gillian Robertson	Grange Farm & Dunmow Runr	: 30
80	V40	Debbielyn Hallam	Southend-on-Sea AC	: 31
81	V65	Lynn Tanner	Springfield Striders RC	: 33
82	V40	Sharon Johnson	JBR Run and Tri	: 34
83	SW	Roberta Lanero	Cambridge & Coleridge AC	: 39
84	SW	Charlotte Olson	Thrift Green Trotters	: 44
85	SW	Vicki Calleja	Thrift Green Trotters	: 48
86	V35	Charlotte King	Grange Farm & Dunmow Runr	: 56
87	V50	Sue Crompton	Southend-on-Sea AC	34: 05
88	V35	Emily Penkett	Springfield Striders RC	: 12
89	V50	Wendy Carter	Halstead RR	: 25
90	V40	Clare Rudgley	Havering AC	: 30

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Pos	Age	Name	Team	Time
91	SW	Alex Edwards	Guest	34: 33
92	SW	Anna Bambridge	Halstead RR	: 49
93	V65	Caroline Cogdell	Pitsea Running Club	35: 02
94	V55	Jacqueline Adams	Grange Farm & Dunmow Runr	: 15
95	SW	Anna Crawley	Ilford AC	: 21
96	V35	Paula Fairlamb	Orion Harriers	: 25
97	V45	Laura Williams	Benfleet Running Club	: 30
98	V60	Helen Williams	Pitsea Running Club	: 53
99	V50	Tracy O'Neill	Havering AC	36: 02
100	V50	Joanne Day	Thrift Green Trotters	: 05
101	SW	Shasha Tourbassora	JBR Run and Tri	: 19
102	SW	Charlotte Edwards	Thurrock Harriers	: 23
103	V65	Jean Hobbs	Loughton AC	: 39
104	V40	Stephanie Milligan	JBR Run and Tri	: 46
105	V50	Caroline Wallis	Pitsea Running Club	: 56
106	V45	Nicola Maslen	Phoenix Striders	37: 15
107	V55	Jackie M Woodroffe	Thrift Green Trotters	: 31
108	V50	Frances Webster	Benfleet Running Club	: 33
109	V50	Angela Coster	Thrift Green Trotters	: 42
110	V50	Lorna Pettifer	Mid Essex Casuals	: 46
111	V60	Gillian Harrison	Pitsea Running Club	38: 08
112	V40	Heather Impey	Phoenix Striders	: 12
113	V45	Henrietta Butcher	Grange Farm & Dunmow Runr	: 26
114	V45	Sharon Wilkinson	Phoenix Striders	: 27
115	V65	Theresa Flannigan	East Essex Triathlon Club	: 28
116	SW	Hannah Bardell	JBR Run and Tri	39: 13
117	V40	Stacie Dowell	JBR Run and Tri	: 14
118	SW	Becky Ludlow	JBR Run and Tri	41: 09
119	V50	Launa Broadley	Ilford AC	42: 00
120	V35	Jackie Bushnell	Phoenix Striders	: 25
121	V80	Pamela Jones	Ilford AC	44: 11
122	V50	Sheila Sinclair	Ilford AC	: 25
123	V35	Natalie Gorham	Phoenix Striders	45: 37
124	V50	Nicola Burston	Phoenix Striders	: 37
125	V40	Lynne Culham	Braintree & District AC	46: 29

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Essex Cross Country League (1)

<u>Horseheath</u>					<u>Senior Men</u>	<u>28-10-17</u>		
Pos	Age	Name	Team	Time	Division 1 Teams (6 to score)			
1	SM	Adam Hickey	Southend-on-Sea AC	26: 19	1	Havering AC	110	
2	V45	Adrian Mussett	Colchester Harriers AC	27: 16	2	Colchester Harriers AC	137	
3	SM	Callum Charleston	Guest	: 40	3	Orion Harriers	178	
4	U20	Harrison Smith	Basildon AC	: 57	4	Springfield Striders RC	234	
5	SM	Grant Twist	Chelmsford AC	28: 03	5	Southend-on-Sea AC	237	
6	U20	Ben Davis	Havering AC	: 07	6	Cambridge & Coleridge AC	248	
7	SM	Angus Holford	Guest	: 08	7	Iford AC	381	
8	SM	Rob Warner	Havering AC	: 20	8	Thurrock Harriers	454	
9	U20	Ramadan Osman	Colchester Harriers AC	: 29	9	Basildon AC	466	
10	SM	Ryan Prout	Thrift Green Trotters	: 34	10	Benfleet Running Club	518	
11	SM	Tom Gardner	Iford AC	: 53	11	Chelmsford AC	586	
12	SM	Alec Finch	Thurrock Harriers	29: 09	12	Halstead RR	707	
13	U20	Alex Hamson	Cambridge & Coleridge AC	: 10	Division 2 Teams (6 score)			
14	SM	Charlie Harpur	Mid Essex Casuals	: 21	1	Grange Farm & Dunmow Runr	346	
15	SM	Paul Grange	Havering AC	: 22	2	Billericay Striders RC	552	
16	SM	Kurtis Swan	Billericay Striders RC	: 23	3	Thrift Green Trotters	753	
17	U20	George Day	Orion Harriers	: 35	4	Phoenix Striders	945	
18	SM	Nick Smallwood	Cambridge & Coleridge AC	: 40	5	JBR Run and Tri	994	
19	SM	Joe Aleander	Colchester Harriers AC	: 48	6	Pitsea Running Club	1067	
20	U20	Max Williams	Cambridge & Coleridge AC	: 52	7	Mid Essex Casuals	836	(5)
21	U20	Brandon Thorpe	Basildon AC	: 54	8	Braintree & District AC	562	(4)
22	V40	Lee Taylor	Southend-on-Sea AC	: 55	9	Loughton AC	513	(3)
23	SM	Danny Moses	Orion Harriers	30: 00	10	Colchester & Tendring AC	250	(2)
24	U20	James Stewart	Havering AC	: 01	11	East Essex Triathlon Club	262	(2)
25	SM	Ian Clark	Orion Harriers	: 06	12	Witham Running Club	199	(1)
26	SM	Lee Pickering	Grange Farm & Dunmow Runr	: 09	Veteran Team Result (4 to score)			
27	V45	Steve Rand	Havering AC	: 11	1	Colchester Harriers AC	146	
28	SM	Alex Manton	Springfield Striders RC	: 21	2	Havering AC	203	
29	SM	James Smith	Springfield Striders RC	: 30	3	Springfield Striders RC	227	
30	SM	Alfie Waitthaka	Havering AC	: 30	4	Southend-on-Sea AC	301	
31	SM	Reece Barclay	Orion Harriers	: 35	5	Orion Harriers	312	
32	V45	Allen Smalls	Colchester Harriers AC	: 39	6	Cambridge & Coleridge AC	315	
33	SM	James Bosher	Grange Farm & Dunmow Runr	: 43	7	Iford AC	327	
34	V45	Adam Baker	Orion Harriers	: 45	8	Thurrock Harriers	376	
35	SM	Chris Sellens	Colchester Harriers AC	: 49	9	Benfleet Running Club	390	
36	V40	Christian Holmes	Southend-on-Sea AC	: 51	10	Billericay Striders RC	403	
37	SM	Scott Sterling	Springfield Striders RC	: 54	11	Thrift Green Trotters	536	
38	U20	Harry Tullett	Chelmsford AC	: 55	12	Chelmsford AC	543	
39	SM	Rhys Gillard	Southend-on-Sea AC	31: 03	13	Basildon AC	635	
40	V55	Colin Ridley	Colchester Harriers AC	: 05	14	Phoenix Striders	660	
41	U20	Mitchell Cox	Basildon AC	: 07	15	JBR Run and Tri	662	
42	V40	Anthony Goodall	Springfield Striders RC	: 08	16	Pitsea Running Club	776	
43	V40	Russell Davies	Springfield Striders RC	: 10	17	Mid Essex Casuals	822	
44	V40	Malcolm Muir	Iford AC	: 12	18	Loughton AC	216	(3)
45	SM	Andy Jobling	Colchester Harriers AC	: 17	19	Grange Farm & Dunmow Runr	417	(3)
46	U20	Oscar Dawson	Colchester Harriers AC	: 21	20	Halstead RR	343	(2)
47	SM	James Lurkins	Grange Farm & Dunmow Runr	: 24	21	Braintree & District AC	378	(2)
48	U20	Shay White	Orion Harriers	: 24	22	East Essex Triathlon Club	165	(1)
49	SM	Brian Jenkins	Orion Harriers	: 25	23	Colchester & Tendring AC	194	(1)
50	SM	Patrick Walsa	Southend-on-Sea AC	: 28	24	Witham Running Club	199	(1)
51	V50	Matt Bland	Havering AC	: 28				
52	SM	George Watts	Benfleet Running Club	: 32				
53	V45	Terry Spooner	Benfleet Running Club	: 33				
54	SM	Matthew Bainbridge	Grange Farm & Dunmow Runr	: 36				
55	V45	Lee Martin	Springfield Striders RC	: 39				

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Pos	Age	Name	Team	Time
56	U20	Ben Miller	Colchester & Tendring AC	31: 43
57	SM	Paul Miles	Springfield Striders RC	: 46
58	V45	Andy Low	Benfleet Running Club	: 46
59	SM	Freddie Keefe	Havering AC	: 51
60	V45	Stephen Dukelow	Havering AC	32: 04
61	V45	Scott Rice	Thurrock Harriers	: 06
62	V45	Paul Holloway	Ilford AC	: 15
63	SM	Billy Parr	Orion Harriers	: 22
64	SM	Christopher Pell	Cambridge & Coleridge AC	: 23
65	V40	Martin Chester	Havering AC	: 25
66	V45	Michael Buchallet	Cambridge & Coleridge AC	: 27
67	SM	Matthew Slater	Cambridge & Coleridge AC	: 29
68	V55	Michael Bridgeland	Chelmsford AC	: 31
69	U20	Joe Logan	Thurrock Harriers	: 31
70	V45	Adrian Smith	Orion Harriers	: 32
71	SM	Jack Morris	Pitsea Running Club	: 38
72	V50	Paul Spowage	Colchester Harriers AC	: 39
73	U20	Kieran O'Hara	Havering AC	: 41
74	U20	Lewis Debenham	Havering AC	: 42
75	SM	Daniel Reynolds	Grange Farm & Dunmow Runr	: 43
76	SM	Michael Feltham	Benfleet Running Club	: 47
77	V40	Alan Pritchard	Cambridge & Coleridge AC	: 47
78	SM	Wesley Atkins	Halstead RR	: 57
79	V45	Tim Wright	Orion Harriers	33: 14
80	SM	Sebastian Parris	Ilford AC	: 21
81	V50	Neil Crisp	Ilford AC	: 22
82	V50	Craig Dyce	Cambridge & Coleridge AC	: 26
83	V50	Peter West	Colchester Harriers AC	: 27
84	V40	Keith Willett	Thurrock Harriers	: 30
85	SM	Ewan McFarlane	Phoenix Striders	: 35
86	SM	James Clarke	Halstead RR	: 38
87	V50	Paul Broome	Springfield Striders RC	: 39
88	V45	Lloyd Miles	Billericay Striders RC	: 39
89	V50	Alec Kyriakides	Southend-on-Sea AC	: 40
90	V50	Daniel Aguilar-Agon	Cambridge & Coleridge AC	: 42
91	U20	Joshua Mulley	Braintree & District AC	: 43
92	V55	Paul Jeggo	Springfield Striders RC	: 45
93	U20	Conor Culham	Braintree & District AC	: 45
94	V55	Peter Tullett	Chelmsford AC	: 58
95	V40	Gary Atkins	Havering AC	34: 03
96	V55	Nick Rankin	Benfleet Running Club	: 12
97	SM	Christian Gray	East Essex Triathlon Club	: 14
98	SM	Durward Whitehead	Cambridge & Coleridge AC	: 15
99	V45	James Waterson	Colchester Harriers AC	: 17
100	V50	Andy Wright	Billericay Striders RC	: 18
101	V55	Peter Thompson	Cambridge & Coleridge AC	: 21
102	SM	John Whitehead	Havering AC	: 25
103	SM	John Crawley	Ilford AC	: 26
104	V40	Jon Whitehouse	Loughton AC	: 29
105	V45	Peter Chubb	Springfield Striders RC	: 34
106	V40	Matt Stenning	Billericay Striders RC	: 43
107	V50	John Barker	Thrift Green Trotters	: 50
108	V40	Jon Byford	Springfield Striders RC	: 56
109	V55	Mark Gowers	Billericay Striders RC	: 59
110	V50	Keith Thornton	Thrift Green Trotters	35: 1

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Pos	Age	Name	Team	Time
111	SM	Richard Mead	Grange Farm & Dunmow Runr	35: 04
112	V55	Jonathan Metcalfe	Thurrock Harriers	: 10
113	V45	Diarmuid McDonnell	Guest	: 12
114	SM	Mark Meadows	Basildon AC	: 13
115	SM	Thomas Walsh	Southend-on-Sea AC	: 14
116	SM	Tim Martin	Thurrock Harriers	: 16
117	SM	Tom Porter	Halstead RR	: 24
118	V50	Kevin Marshall	Grange Farm & Dunmow Runr	: 26
119	V55	Eamonn Shelley	Thurrock Harriers	: 28
120	SM	Graham Eastly	Southend-on-Sea AC	: 29
121	V50	Simon Smith	Colchester Harriers AC	: 30
122	V45	David Flint	JBR Run and Tri	: 38
123	V45	Daniel Wheeler	Cambridge & Coleridge AC	: 47
124	SM	Jon Greenley	Halstead RR	36: 02
125	SM	Anthony Tobin	Thurrock Harriers	: 03
126	U20	Aidan Elmore	Havering AC	: 04
127	SM	Matthew Webster	Grange Farm & Dunmow Runr	: 05
128	SM	Peter Fairlamb	Orion Harriers	: 07
129	V45	Roy Perrott	Orion Harriers	: 09
130	SM	Gabriele Funngalli	Cambridge & Coleridge AC	: 10
131	V45	Lee Daniel	Basildon AC	: 12
132	V40	Ben Fisher	Orion Harriers	: 17
133	V50	Colin White	Billericay Striders RC	: 18
134	SM	Daniel Hirst	Cambridge & Coleridge AC	: 26
135	V65	Michael Bumstead	Thurrock Harriers	: 32
136	V50	Dave Hilson	Colchester Harriers AC	: 35
137	V55	Steve Foggo	Billericay Striders RC	: 43
138	V50	Martin Mack	Thurrock Harriers	: 46
139	V50	Danny Fitzsimons	Orion Harriers	: 47
140	V65	Tony Nixon	Ilford AC	: 51
141	V40	Ashwin Shah	Grange Farm & Dunmow Runr	: 56
142	V55	Phil Olsen	Thrift Green Trotters	: 58
143	SM	Rob Frost	Halstead RR	: 59
144	V40	Dennis Briggs	Ilford AC	37: 00
145	V50	Paul Berrett	Havering AC	: 03
146	SM	Thomas Huertas	Grange Farm & Dunmow Runr	: 08
147	V55	Trevor Horncastle	Phoenix Striders	: 10
148	V50	Rob Moore	Orion Harriers	: 15
149	V45	Lee Callagher	Orion Harriers	: 27
150	SM	Bruce Spratt	JBR Run and Tri	: 33
151	V60	Andy Catton	Ilford AC	: 41
152	V40	Steven Ball	Thurrock Harriers	: 44
153	V40	Paul Mitchell	Thurrock Harriers	: 52
154	V70	Peter Binns	Southend-on-Sea AC	38: 00
155	V50	David Findlay	Basildon AC	: 03
156	SM	Samuel Robinson	Grange Farm & Dunmow Runr	: 05
157	V40	Simon Tippet	Basildon AC	: 13
158	V55	Ian Lawson	Grange Farm & Dunmow Runr	: 18
159	V45	Simon Humphrey	Halstead RR	: 26
160	V45	Steve Bennett	Orion Harriers	: 38
161	V45	Andy Lunn	Orion Harriers	: 39
162	V55	Mark Jeffrey	Springfield Striders RC	: 41
163	V60	Bill Bennett	Orion Harriers	: 43
164	V55	Dave Hallett	JBR Run and Tri	: 51
165	V60	Ian Gill	East Essex Triathlon Club	: 57

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Pos	Age	Name	Team	Time
166	V45	James Price	Phoenix Striders	39: 11
167	V60	Tim Brockington	Springfield Striders RC	: 28
168	V55	Chris Applegate	Thurrock Harriers	: 34
169	V40	Alasdair Daw	Billericay Striders RC	: 44
170	V55	Kevin Kirby	Chelmsford AC	: 48
171	V60	Gerald Meah	Cambridge & Coleridge AC	: 55
172	V60	Mike Brentnall	Cambridge & Coleridge AC	: 56
173	V50	Martin Orford	Phoenix Striders	40: 07
174	V50	Colin Wilkinson	Phoenix Striders	: 08
175	V45	Matt Gillard	Southend-on-Sea AC	: 20
176	V70	David Reaves	Braintree & District AC	: 29
177	V50	James MacNish-Porter	Thrift Green Trotters	: 30
178	V60	Bernard Johnson	Thurrock Harriers	: 31
179	V60	Don Sinclair	Pitsea Running Club	: 41
180	V50	Phillip Young	JBR Run and Tri	: 52
181	V45	Nigel Instance	Thurrock Harriers	41: 01
182	SM	Stuart Mulchanock	JBR Run and Tri	: 07
183	V55	Stephen Burton	Benfleet Running Club	: 09
184	V60	Andy Carter	Halstead RR	: 21
185	V50	Anthony Young	Ilford AC	: 32
186	V55	Paul Williams	Orion Harriers	: 50
187	V50	Billy Green	Ilford AC	: 51
188	V60	Edward Skinner	Guest	42: 15
189	V50	John Tracey	Pitsea Running Club	: 28
190	V45	Ian Glover	Southend-on-Sea AC	: 35
191	V50	Paul Omer	Pitsea Running Club	: 37
192	V40	John Rex	Basildon AC	: 38
193	V40	Trevor Robinson	Loughton AC	: 00
194	V45	Roy Miller	Colchester & Tendring AC	: 46
195	V55	Paul Tawn	Mid Essex Casuals	: 49
196	V50	Clive Bailey	JBR Run and Tri	43: 01
197	V55	Satha Alagnwawdasudarm	Ilford AC	: 07
198	V50	Steve Cheal	Ilford AC	: 29
199	V60	David Jobling	Witham Running Club	: 33
200	SM	William Holman	Phoenix Striders	: 44
201	V55	Karl Bentley	JBR Run and Tri	: 46
202	V50	Raoul Grantham	Braintree & District AC	: 55
203	V45	Dave Jacobs	JBR Run and Tri	44: 01
204	V50	Barry Ward	Havering AC	: 02
205	V45	Sean Collinson	JBR Run and Tri	: 37
206	V50	Mark Jackson	Mid Essex Casuals	: 42
207	V55	Melvyn Cooper	Thrift Green Trotters	: 43
208	V65	Brian Butcher	Mid Essex Casuals	: 47
209	V45	Jon Brown	JBR Run and Tri	45: 22
210	V50	Dave Girt	Southend-on-Sea AC	46: 39
211	V50	Stephen Williams	Chelmsford AC	: 48
212	V50	Angus Aldridge	Southend-on-Sea AC	: 55
213	V65	David Game	Mid Essex Casuals	47: 56
214	V70	Keith Walker	Billericay Striders RC	48: 07
215	V50	Jim Rourke	Billericay Striders RC	50: 22
216	V70	David Hobbs	Loughton AC	: 26
217	V65	Peter Bates	Pitsea Running Club	51: 08
218	V55	David Mills	Phoenix Striders	: 31
219	V75	David Brooks	Guest	54: 39
220	V60	Peter McLaughlin	Pitsea Running Club	60: 22

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