

Individual positions after two fixtures

Pos	Cat	Athlete	Team	Pts
1	U13 G	Kiera-Jayne Atkinson	Chelmsford AC	4
2	U13 G	Kayleigh Atkinson	Chelmsford AC	6
3	U13 G	Ruby Higgins	Havering AC	11
3	U13 G	Matilda Canty	Havering AC	11
5	U13 G	Millie Costin	Basildon AC	16
6	U13 G	Alexandra Bell-Cobbold	Colchester Harriers AC	20
7	U13 G	Hannah Evans	Havering AC	25
8	U13 G	Sophie Foot	Orion Harriers	26
9	U13 G	Alice Bower	Chelmsford AC	29
10	U13 G	Cheyenne Dagher	Thurrock Harriers	30
11	U13 G	Katie Lee	Harlow AC	32
12	U13 G	Holly Appleton	East Essex Triathlon Club	34
13	U13 G	Sophie Cottam	Chelmsford AC	38
14	U13 G	Mia Bowring	Chelmsford AC	39
15	U13 G	Sophie Matthews	Thurrock Harriers	44
16	U13 G	Liliana Taylor	Southend-on-Sea AC	49
16	U13 G	Isabel Tracy	Southend-on-Sea AC	49
16	U13 G	Ruby Aylott	Benfleet Running Club	49
19	U13 G	Olivia Higgs	Thurrock Harriers	52
20	U13 G	Charlotte Kennedy	Havering AC	56
21	U13 G	Cara O'Donnell-Roberts	Orion Harriers	60
22	U13 G	Eliza Sole	Southend-on-Sea AC	66
23	U13 G	Daisy Watson	East Essex Triathlon Club	68
24	U13 G	Elsa Styles	Colchester & Tendring AC	71
25	U13 G	Maya Farrow	Southend-on-Sea AC	73
25	U13 G	Daisy Rickwood	Colchester Harriers AC	73
27	U13 G	Charlotte Grundy	Havering AC	74

Pos	Cat	Athlete	Team	Pts
1	U13 B	Luca McGrath	Cambridge & Coleridge AC	4
2	U13 B	Henry Dover	Colchester & Tendring AC	7
3	U13 B	Oliver Prince	Braintree & District AC	14
4	U13 B	Ryan Carroll	Havering AC	18
5	U13 B	McKinley Gall	Southend-on-Sea AC	27
6	U13 B	Lennon McKenzie	Braintree & District AC	30
6	U13 B	James Brigstocke-Williams	Colchester & Tendring AC	30
8	U13 B	Hugo Jones	Southend-on-Sea AC	34
9	U13 B	Tom Bullock	Cambridge & Coleridge AC	36
10	U13 B	Nicholas Sheperd	Southend-on-Sea AC	45
11	U13 B	Harry Champion	Southend-on-Sea AC	49
11	U13 B	Lawrence Martin	Chelmsford AC	49
13	U13 B	Finley Wolton	Havering AC	57
14	U13 B	Harry Wyatt	Thurrock Harriers	58
15	U13 B	Charlie Parmenter	Colchester Harriers AC	59
16	U13 B	Stanley Hobbs	Colchester & Tendring AC	61
17	U13 B	Harry Tobin	Thurrock Harriers	63
17	U13 B	Toby Jones	Southend-on-Sea AC	63

Individual positions after two fixtures

19	U13 B	Lewis Waite	Chelmsford AC	64
19	U13 B	Jack Edwards	Basildon AC	64
21	U13 B	Brody Connor	Benfleet Running Club	65
22	U13 B	Matthew Collins	Southend-on-Sea AC	74
23	U13 B	Benedict Heath	Benfleet Running Club	75
24	U13 B	Harry Elgar	Southend-on-Sea AC	83
24	U13 B	Ollie Connors	Benfleet Running Club	83
26	U13 B	Daniel Elgar	Southend-on-Sea AC	96

Individual positions after two fixtures

Pos	Cat	Athlete	Team	Pts
1	U15 G	Demi Eves	Thurrock Harriers	5
2	U15 G	Milly Presland	Colchester Harriers AC	9
3	U15 G	Maisy Silverstone	Orion Harriers	13
4	U15 G	Millie Robson	Cambridge & Coleridge AC	16
5	U15 G	Jayne Elvin	Thurrock Harriers	18
6	U15 G	Chloe Trew	Basildon AC	21
7	U15 G	Hannah Riley	Basildon AC	28
8	U15 G	Madeline Barker	Havering AC	29
8	U15 G	Katie Brazier	Chelmsford AC	29
10	U15 G	Grace Holmes	Southend-on-Sea AC	36
10	U15 G	Holly Bradley	Havering AC	36
12	U15 G	Hannah Yexley	Havering AC	42
12	U15 G	Kennedy Beardwell	Thurrock Harriers	42
14	U15 G	Fran Turner	Basildon AC	55
15	U15 G	Leah Brewer	Thurrock Harriers	57
16	U15 G	Rosie Spring	Thurrock Harriers	61
17	U15 G	Ciara Pearce	Orion Harriers	69
18	U15 G	Evie Knight	Basildon AC	71
18	U15 G	Amelia Jones	Southend-on-Sea AC	71
20	U15 G	Morgan Romain	Havering AC	72
21	U15 G	Paige Woodcraft	Chelmsford AC	78
22	U15 G	Mikila Delanbanque	Harlow AC	84

Pos	Cat	Athlete	Team	Pts
1	U15 B	Matthew Blacklock	Havering AC	5
2	U15 B	Charlie Howell	Havering AC	9
3	U15 B	Daniel Houchell	Basildon AC	11
4	U15 B	Luke Randall	Southend-on-Sea AC	13
5	U15 B	Toby Linsell	Basildon AC	16
6	U15 B	Joseph Wheeler	Cambridge & Coleridge AC	18
7	U15 B	Dylon Harrod	Thurrock Harriers	22
8	U15 B	Jay Kelly	Southend-on-Sea AC	28
9	U15 B	Sunny Vehit	Thurrock Harriers	30
9	U15 B	William Nuttall	Chelmsford AC	30
11	U15 B	Samuel Waite	Chelmsford AC	35
12	U15 B	Arthur Ansell	Orion Harriers	38
13	U15 B	Archie Connors	Benfleet Running Club	43
14	U15 B	Gethin Rogers	Cambridge & Coleridge AC	47
15	U15 B	Jack Thomson	Havering AC	54
15	U15 B	Lewis Edwards	Havering AC	54
17	U15 B	Jacob Alexander	Chelmsford AC	55
18	U15 B	Michael Knowles	Colchester & Tendring AC	63
18	U15 B	Ronan Longman-Young	Benfleet Running Club	63
20	U15 B	Owen Keen	Orion Harriers	72

Individual positions after two fixtures

Pos	Cat	Athlete	Team	Pts
1	U17W	Grace Burrell	Basildon AC	3
2	U17W	Hayley Instance	Thurrock Harriers	5
3	U17W	Martha Smith	Chelmsford AC	8
4	U17W	Frances Haines	Cambridge & Coleridge AC	13
5	U17W	Sophie Wetheridge	Basildon AC	19
6	U17W	Savanna Sirkett	Orion Harriers	28
6	U17W	Sarah Blockley	Thurrock Harriers	28
8	U17W	Holly Rex	Basildon AC	30
9	U17W	Grace Ralston	Southend-on-Sea AC	31
10	U17W	Sasha Clark	Cambridge & Coleridge AC	34
11	U17W	Robyn Bartholomew	Southend-on-Sea AC	37
12	U17W	Emily Fall	Thurrock Harriers	42
13	U17W	Becci Leddy	Orion Harriers	48

1	U20W	Elsie Gray	Colchester & Tendring AC	10
1	U20W	Abby Rex	Basildon AC	15
1	U20W	Jenna Williams	Southend-on-Sea AC	20
1	U20W	Grace Goodall	Benfleet Running Club	21
1	U20W	Maia Grundy	Basildon AC	41
1	U20W	Jordan Hinds	Ilford AC	46
1	U20W	Catherine Barker	Havering AC	47
1	U20W	Lucie Ball	Thurrock Harriers	52

Pos	Cat	Athlete	Team	Pts
1	U17M	Leon Wheeler	Thurrock Harriers	4
1	U17M	Zack Bridgeland	Chelmsford AC	4
3	U17M	Joe Trim	East Essex Triathlon Club	9
4	U17M	Ben Prior	Thurrock Harriers	11
5	U17M	Danny Millward	Colchester Harriers AC	14
6	U17M	Jamie Rashbrook	Basildon AC	15
6	U17M	Harry Jones	Havering AC	15
8	U17M	Mungo Prior	Ilford AC	18
9	U17M	Daniel Morris	Basildon AC	25
10	U17M	Matt Warner	Southend-on-Sea AC	26
11	U17M	Sam Wheatley	Southend-on-Sea AC	31
11	U17M	Josh Metson	East Essex Triathlon Club	31
13	U17M	Joshua McGill	Basildon AC	36
13	U17M	George Hill	Basildon AC	36
15	U17M	Bradley Deacon	Ilford AC	37
15	U17M	Innes Fullerton	Braintree & District AC	37
17	U17M	James Wright	Basildon AC	38
18	U17M	Harry Clarke	Chelmsford AC	40
19	U17M	Aaron Davis	Chelmsford AC	45
20	U17M	Jamie Putt	Harlow AC	49
21	U17M	Daniel McGill	Basildon AC	56
22	U17M	Elijah Brown	Southend-on-Sea AC	63
23	U17M	Henri Willett	Thurrock Harriers	67

Individual positions after two fixtures

23	U17M	Haydn Hawkins	Braintree & District AC	67
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Individual positions after two fixtures

Pos	Cat	Athlete	Team	Pts
1	U20M	Sam Atkins	Havering AC	13
2	U20M	James Stewart	Havering AC	35
3	U20M	Joseph Owen	Orion Harriers	41
4	U20M	Taylor Newell	Thurrock Harriers	47
4	U20M	Sam Norris	Southend-on-Sea AC	47
6	U20M	Luke Gill	East Essex Triathlon Club	94
7	U20M	Conor Culham	Braintree & District AC	130
8	U20M	Oliver Randall	Southend-on-Sea AC	151
9	U20M	Joe Lane	Chelmsford AC	171
10	U20M	Connor Johnson	Grange Farm & Dunmow Runners	198
11	U20M	Joe Logan	Thurrock Harriers	212
12	U20M	Samuel Morales	Thurrock Harriers	227

Individual positions after two fixtures

Pos	Cat	Athlete	Team	Pts
1	SW	Ginte Bailey	Havering AC	6
2	SW	Sarah Worley	Billericay Striders RC	12
3	SW	Hayley Lamkin	Southend-on-Sea AC	19
4	SW	Morgan Campbell	Havering AC	24
5	SW	Rebecca Cooke	Colchester Harriers AC	28
6	SW	Nicola Bredin	Benfleet Running Club	30
7	SW	Holly Gillard	Southend-on-Sea AC	32
8	SW	Sarah Pennington	Southend-on-Sea AC	36
9	SW	Megan Williams	Chelmsford AC	42
10	SW	Clare Davies	Havering AC	53
11	SW	Carlie Qirem	Ilford AC	103
12	SW	Leigh-Anne Porter	Halstead RR	127
13	SW	Charlotte Evans	Thurrock Harriers	154
14	SW	Sasha Tourbassora	JBR Run and Tri	156
1	V35/V40	Rebecca Luxton	Chelmsford AC	7
2	V35/V40	Lindsey Colman	Southend-on-Sea AC	14
3	V35/V40	Helen Taczynski	Colchester Harriers AC	39
4	V35/V40	Rachael Roughan	Halstead RR	59
4	V35/V40	Dominique Hart	Benfleet Running Club	59
6	V35/V40	Victoria Peacock	Thurrock Harriers	68
7	V35/V40	Jennie Page	JBR Run and Tri	74
8	V35/V40	Chrissy Murry	JBR Run and Tri	85
9	V35/V40	Clare Worley	Billericay Striders RC	93
9	V35/V40	Kerry Harrington	Grange Farm & Dunmow Runners	93
11	V35/V40	Liane Conners	Benfleet Running Club	109
12	V35/V40	Marzena Ward	Billericay Striders RC	136
13	V35/V40	Sarah Lengthorn	Billericay Striders RC	138
14	V35/V40	Deborah Hall	East Essex Triathlon Club	147
15	V35/V40	Lynsey Prentice	Brentwood Running Club	149
16	V35/V40	Anna Bambridge	Halstead RR	154
17	V35/V40	Lynsey Hawkins	Braintree & District AC	174
18	V35/V40	Elizabeth Cox	Phoenix Striders	181
19	V35/V40	Emily Penkett	Springfield Striders RC	185
20	V35/V41	Kristina Read	Phoenix Striders	212
21	V35/V42	Louise Garrett	Grange Farm & Dunmow Runners	224
22	V35/V43	Lynne Culham	Braintree & District AC	243
1	V45/V50	Wendy King	Chelmsford AC	19
2	V45/V50	Claire Hall	Grange Farm & Dunmow Runners	26
3	V45/V50	Denise Morley	Colchester Harriers AC	28
4	V45/V50	Debbie Appleton	Havering AC	35
5	V45/V50	Caroline Horden	Basildon AC	51
6	V45/V50	Alison Trauttmansdorff-Weir	Orion Harriers	57
7	V45/V50	Jacqui Watson	Benfleet Running Club	65
8	V45/V50	Rebecca Gill	East Essex Triathlon Club	84
8	V45/V50	Joanne Sullivan	Havering AC	84

Individual positions after two fixtures

10	V45/V50	Lorna Gaffney	Loughton AC	88
11	V45/V50	Paula Purtell	Mid Essex Casuals	98
12	V45/V50	Rebecca Taylor	Southend-on-Sea AC	106
13	V45/V50	Donna Hindle	Springfield Striders RC	123
14	V45/V50	Madeleine Knight	Brentwood Running Club	127
15	V45/V50	Michelle Evans	JBR Run and Tri	136
16	V45/V50	Joanne Ling	Billericay Striders RC	150
17	V45/V50	Lorna Pettifer	Mid Essex Casuals	154
18	V45/V50	Nikki Leigh	Benfleet Running Club	155
19	V45/V50	Jo Pearce	Phoenix Striders	198
19	V45/V50	Annette Johnson	Benfleet Running Club	198
21	V45/V50	Gabby Atling	Hockley Trail Runners	243
22	V45/V50	Debi Loveland	JBR Run and Tri	245
1	V55/V60	Breege Nordin	Ilford AC	98
2	V55/V60	Christine Inch	Orion Harriers	106
3	V55/V60	Elaine Tribley	Springfield Striders RC	167
4	V55/V60	Theresa Howe	Pitsea Running Club	196
5	V55/V60	Julie Peacock	Mid Essex Casuals	219
6	V55/V61	Gillian Harrison	Pitsea Running Club	229
1	V65/V70	Lynn Tanner	Springfield Striders RC	158
2	V65/V70	Valerie Sinclair	Pitsea Running Club	215
3	V65/V70	Theresa Flannigan	East Essex Triathlon Club	223
4	V65/V70	Sue Vine	Phoenix Striders	235

Individual positions after two fixtures

Pos	Cat	Athlete	Team	Pts
1	SM	Rob Warner	Havering AC	5
1	SM	James Buckley-Stanton	Havering AC	5
3	SM	Alec Finch	Thurrock Harriers	15
4	SM	Rhys Gillard	Southend-on-Sea AC	20
5	SM	Paul Grange	Havering AC	27
6	SM	Tom Gardner	Ilford AC	28
7	SM	Kurtis Swan	Braintree & District AC	38
8	SM	Alex Manton	Springfield Striders RC	49
9	SM	Brian Jenkins	Orion Harriers	59
10	SM	Dan Moses	Orion Harriers	68
11	SM	James Caldon	Benfleet Running Club	69
12	SM	Chris O'Hara	Billericay Striders RC	81
13	SM	James Smith	Halstead RR	85
14	SM	John Whitehead	Havering AC	87
15	SM	Freddy Keefe	Havering AC	94
16	SM	Adam Dowman	Thurrock Harriers	95
17	SM	Daniel Reynolds	Grange Farm & Dunmow Runners	113
17	SM	Shane Boxall	Southend-on-Sea AC	113
19	SM	Neil McGoun	Orion Harriers	116
19	SM	Wesley Atkins	Halstead RR	116
21	SM	Callum Wallace	Southend-on-Sea AC	119
21	SM	Robbie Cooman	Havering AC	119
23	SM	Gavin Scanlon	Colchester Harriers AC	129
24	SM	Michael Smith	Colchester Harriers AC	145
25	SM	Sebastian Parris	Ilford AC	153
26	SM	David Wilson	Orion Harriers	173
27	SM	Dave Pennington	JBR Run and Tri	188
28	SM	Tom Walsh	Southend-on-Sea AC	190
29	SM	Steve Churchyard	Benfleet Running Club	248
30	SM	Stuart Ashworth	Halstead RR	278
31	SM	Richard Farr	Southend-on-Sea AC	297
32	SM	Ben Whateley-Harris	Brentwood Running Club	304
33	SM	Barry Weldon	Billericay Striders RC	322
34	SM	William Holman	Phoenix Striders	420
35	SM	Gavin Davis	Pitsea Running Club	427
36	SM	Andrew Beazeley	Guest - Dagenham 88	432
1	V40/V45	Crispian Bloomfield	Billericay Striders RC	19
2	V40/V45	Lee Taylor	Southend-on-Sea AC	36
3	V40/V45	Christian Holmes	Southend-on-Sea AC	40
4	V40/V45	Barry Smith	Havering AC	91
5	V40/V45	Adam Baker	Orion Harriers	95
6	V40/V45	Scott Rice	Thurrock Harriers	101
7	V40/V45	Anthony Goodall	Springfield Striders RC	115
8	V40/V45	Toby Draper	Thurrock Harriers	120
9	V40/V45	Stuart Raven	Springfield Striders RC	124
10	V40/V45	Martin Chester	Havering AC	126

Individual positions after two fixtures

11	V40/V45	Mark Dillon	Orion Harriers	153
12	V40/V45	Graham Booty	Benfleet Running Club	159
13	V40/V45	Tim Evans	JBR Run and Tri	164
14	V40/V45	Andrew Low	Benfleet Running Club	168
15	V40/V45	Graham Hogan	Havering AC	178
16	V40/V45	Tim Wright	Orion Harriers	181
17	V40/V45	Steve Walker	Havering AC	188
18	V40/V45	Matt Stenning	Billericay Striders RC	221
19	V40/V45	Matt Randall	Southend-on-Sea AC	243
20	V40/V45	Roy Harwood	Benfleet Running Club	246
21	V40/V45	Roy Perrott	Orion Harriers	247
22	V40/V45	James Campion	Southend-on-Sea AC	251
23	V40/V45	Jarlath Rooney	Brentwood Running Club	252
24	V40/V45	Ian Pike	Benfleet Running Club	260
25	V40/V45	Ben Fisher	Orion Harriers	294
26	V40/V45	Andrew Taczynski	Colchester Harriers AC	301
27	V40/V45	Roy James	Havering AC	306
28	V40/V45	Tony Collins	Havering AC	324
29	V40/V45	Neil Hitchcock	Grange Farm & Dunmow Runners	327
30	V40/V45	Mark Lawes	Tiptree Road Runners	336
31	V40/V45	Alan Copoke	Hockley Trail Runners	346
32	V40/V45	Steve Wise	Benfleet Running Club	368
33	V40/V46	Paul Bailey	Brentwood Running Club	371
34	V40/V47	Lawrence Harrison	Billericay Striders RC	379
35	V40/V48	Trevor Robinson	Ilford AC	383
36	V40/V49	Ian Glover	Southend-on-Sea AC	386
37	V40/V50	Jon Brown	JBR Run and Tri	416
1	V50/V55	Colin Read	Orion Harriers	66
2	V50/V55	Craig Dyce	Cambridge & Coleridge AC	73
3	V50/V55	Paul Holloway	Ilford AC	120
4	V50/V55	Paul Broome	Springfield Striders RC	171
5	V50/V55	Peter West	Colchester Harriers AC	179
6	V50/V55	Peter Tullett	Chelmsford AC	206
7	V50/V55	John Barker	Brentwood Running Club	208
8	V50/V55	Nick Rankin	Benfleet Running Club	211
9	V50/V55	Alan Clark	Benfleet Running Club	227
10	V50/V55	Ian O'Neill	Brentwood Running Club	264
11	V50/V55	Stephen Foggo	Billericay Striders RC	267
12	V50/V55	Dave Brock	Orion Harriers	282
13	V50/V55	Neil Clark	Phoenix Striders	283
14	V50/V55	Alan Fullerton	Grange Farm & Dunmow Runners	284
14	V50/V55	Trevor Horncastle	Phoenix Striders	284
16	V50/V55	Doug Stephens	Benfleet Running Club	285
17	V50/V55	David Findlay	Basildon AC	296
18	V50/V55	Simon Morgan	Colchester Harriers AC	301
19	V50/V55	Alan Pearl	Ilford AC	317
20	V50/V55	Andy Hawes	JBR Run and Tri	323

Individual positions after two fixtures

21	V50/V55	Martin Orford	Phoenix Striders	330
22	V50/V55	Mark Jeffrey	Springfield Striders RC	337
23	V50/V55	Phil Warner	Phoenix Striders	345
24	V50/V55	Matt Gillard	Southend-on-Sea AC	349
25	V50/V55	Kevin Kirby	Chelmsford AC	362
26	V50/V55	Clive Higdon	Springfield Striders RC	368
27	V50/V55	Colin Wilkinson	Phoenix Striders	377
28	V50/V55	Mark Moughton	Springfield Striders RC	385
29	V50/V55	John Rex	Basildon AC	395
30	V50/V55	James Goddard	Mid Essex Casuals	409
31	V50/V55	Rhys Davis	Basildon AC	411
32	V50/V55	Henry Ricketts	Ilford AC	418
33	V50/V55	Angus Aldridge	Southend-on-Sea AC	431
34	V50/V55	Tim Reeves	Hockley Trail Runners	445
34	V50/V55	Ray Sparra Everingham	Ilford AC	445
1	V60/V65	David Butler	Billericay Striders RC	185
2	V60/V65	Andrew Morris	Phoenix Striders	243
3	V60/V65	Bob Langley	Halstead RR	252
4	V60/V65	Andy Catton	Ilford AC	267
5	V60/V65	Ian Gill	East Essex Triathlon Club	274
6	V60/V65	Donald English	Halstead RR	287
7	V60/V65	Bill Bennett	Orion Harriers	297
8	V60/V65	Tim Brockington	Springfield Striders RC	311
9	V60/V65	Stephen Burton	Benfleet Running Club	331
10	V60/V65	Donald Sinclair	Pitsea Running Club	384
11	V60/V65	Edward Skinner	Tiptree Road Runners	390
12	V60/V65	Brian Butcher	Mid Essex Casuals	409
13	V60/V65	Graham Bardell	JBR Run and Tri	422
14	V60/V65	Peter Eates	Phoenix Striders	434
1	V70	Keith Walker	Billericay Striders RC	416
2	V70	James Huddart	Ilford AC	449