

Essex Cross Country League (2)

<u>One Tree Hill</u>			<u>U13 Girls</u>	<u>10/11/2018</u>	
Pos	Name	Team		Time	
1	Erin Little	Chelmsford AC		12: 34	
2	Kayleigh Atkinson	Chelmsford AC		38	
3	Kiera-Jayne Atkinson	Chelmsford AC		48	
4	Matilda Canty	Havering AC		56	
5	Ruby Higgins	Havering AC	13:	07	
6	Millie Costin	Basildon AC		46	
7	Alexandra Bell-Cobbold	Colchester Harriers AC		50	
8	Hannah Evans	Havering AC		57	
9	Cheyenne Dagher	Thurrock Harriers	14:	10	
10	Alice Bower	Chelmsford AC		10	
11	Gaby Bilbie	Chelmsford AC		13	
12	Katie Lee	Harlow AC		19	
13	Sophie Foot	Orion Harriers		21	
14	Lucy Bacon	Havering AC		26	
15	Sophie Cottam	Chelmsford AC		32	
16	Holly Appleton	East Essex Triathlon Club		46	
17	Mia Bowring	Chelmsford AC		50	
18	Rose Green	Cambridge & Coleridge AC		57	
19	Ruby Aylott	Benfleet Running Club	15:	04	
20	Elena Fraser	Cambridge & Coleridge AC		06	
21	Lydia Stevenson	Basildon AC		08	
22	Sophie Matthews	Thurrock Harriers		19	
23	Olivia Higgs	Thurrock Harriers		30	
24	Liliana Taylor	Southend-on-Sea AC		40	
25	Isabel Tracy	Southend-on-Sea AC		44	
26	Kate Ruane	Havering AC		59	
27	Heidi Aylen	Havering AC		59	
28	Charlotte Kennedy	Havering AC	16:	00	
29	Elsa Styles	Colchester & Tendring AC		01	
30	Cara O'Donnell-Roberts	Orion Harriers		13	
31	Mable Cowley	Basildon AC		20	
32	Eliza Sole	Southend-on-Sea AC		23	
33	Daisy Watson	East Essex Triathlon Club		24	
34	Annabelle Crystall	Chelmsford AC		29	
35	Daisy Rickwood	Colchester Harriers AC		29	
36	Maya Farrow	Southend-on-Sea AC	17:	06	
37	Charlotte Grundy	Havering AC		29	
38	Holly Dinborough	Southend-on-Sea AC	18:	54	
39	Hannah Osborne	Southend-on-Sea AC		55	

Teams	
1	Chelmsford AC 16
2	Havering AC 31
3	Southend-on-Sea AC 117
4	Thurrock Harriers 54 (3)
5	Basildon AC 58 (3)
6	Cambridge & Coleridge AC 38 (2)
7	Colchester Harriers AC 42 (2)
8	Orion Harriers 43 (2)
9	East Essex Triathlon Club 49 (2)
10	Harlow AC 12 (1)
11	Benfleet Running Club 19 (1)
12	Colchester & Tendring AC 29 (1)

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Essex Cross Country League (2)

<u>One Tree Hill</u>		<u>U13 Boys</u>	<u>10/11/2018</u>	
Pos	Name	Team	Time	
1	Henry Dover	Colchester & Tendring AC	11: 40	
2	Luca McGrath	Cambridge & Coleridge AC	56	
3	Tom Wood	Chelmsford AC	57	
4	Oliver Prince	Braintree & District AC	12: 07	
5	Matthew Smith	Cambridge & Coleridge AC	18	
6	Ryan Carroll	Havering AC	24	
7	James Brigstocke-Williams	Colchester & Tendring AC	32	
8	Lennon McKenzie	Braintree & District AC	40	
9	Hugo Jones	Southend-on-Sea AC	46	
10	McKinley Gall	Southend-on-Sea AC	53	
11	Charlie Burgess	Havering AC	13: 07	
12	Tom Bullock	Cambridge & Coleridge AC	21	
13	Oliver Mills	Cambridge & Coleridge AC	34	
14	Lawrence Martin	Chelmsford AC	36	
15	Charlie Parmenter	Colchester Harriers AC	37	
16	Harry Campion	Southend-on-Sea AC	38	
17	Harrison Thorpe	Basildon AC	40	
18	Nicholas Sheperd	Southend-on-Sea AC	42	
19	Jack Edwards	Basildon AC	46	
20	Toby Jones	Southend-on-Sea AC	52	
21	Stanley Hobbs	Colchester & Tendring AC	55	
22	Benedict Heath	Benfleet Running Club	59	
23	Finley Wolton	Havering AC	14: 02	
24	Rio Johnson	Orion Harriers	05	
25	Lewis Waite	Chelmsford AC	07	
26	Harry Tobin	Thurrock Harriers	07	
27	Brody Connor	Benfleet Running Club	08	
28	Charlie Harland-Dornan	Basildon AC	09	
29	Harry Wyatt	Thurrock Harriers	11	
30	Louis Geater	Thurrock Harriers	13	
31	Eddie De Souza	Orion Harriers	14	
32	Alex Cordery-Smith	Havering AC	26	
33	Matthew Collins	Southend-on-Sea AC	33	
34	Ollie Connors	Benfleet Running Club	34	
35	Oliver Jarvis	Havering AC	41	
36	Harry Elgar	Southend-on-Sea AC	45	
37	Samuel Parrott	East Essex Triathlon Club	15: 06	
38	Fred Walton	Colchester & Tendring AC	21	
39	Harvey Fox	Colchester & Tendring AC	16: 15	
40	Daniel Elgar	Southend-on-Sea AC	18: 07	

Teams		
1	Cambridge & Coleridge AC	32
2	Southend-on-Sea AC	53
3	Colchester & Tendring AC	67
4	Havering AC	72
5	Chelmsford AC	42 (3)
6	Basildon AC	64 (3)
7	Benfleet Running Club	83 (3)
8	Thurrock Harriers	85 (3)
9	Braintree & District AC	12 (2)
10	Orion Harriers	55 (2)
11	Colchester Harriers AC	15 (1)
12	East Essex Triathlon Club	37 (1)

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Essex Cross Country League (2)

<u>One Tree Hill</u>			<u>U15 Boys</u>	<u>10/11/2018</u>		
Pos	Name	Team	Time			
1	Matthew Blacklock	Havering AC	14: 18			
2	Charlie Howell	Havering AC	26			
3	Toby Linsell	Basildon AC	32			
4	Luke Randall	Southend-on-Sea AC	43			
5	Daniel Houchell	Basildon AC	55			
6	Joseph Wheeler	Cambridge & Coleridge AC	15: 23			
7	Dylon Harrod	Thurrock Harriers	25			
8	William Nuttall	Chelmsford AC	31			
9	Jay Kelly	Southend-on-Sea AC	37			
10	Sunny Vehit	Thurrock Harriers	38			
11	Samuel Waite	Chelmsford AC	39			
12	Bellviacim Bella	Orion Harriers	40			
13	Arthur Ansell	Orion Harriers	42			
14	Archie Connors	Benfleet Running Club	56			
15	Joshua Smith	Basildon AC	16: 01			
16	Kevin Painter	Basildon AC	17			
17	Gethin Rogers	Cambridge & Coleridge AC	20			
18	Jacob Alexander	Chelmsford AC	26			
19	Jacob Trim	East Essex Triathlon Club	35			
20	Lewis Edwards	Havering AC	47			
21	Tom Woodward	Chelmsford AC	52			
22	Timi McDaniel	Havering AC	59			
23	Ronan Longman-Young	Benfleet Running Club	17: 02			
24	Ryan Holeyman	Ilford AC	06			
25	Michael Knowles	Colchester & Tendring AC	16			
26	Joseph Perry	Chelmsford AC	18			
27	Jack Thomson	Havering AC	47			
28	Jack Wharton	Colchester & Tendring AC	54			
29	Freddy Tiani	Basildon AC	58			
30	Owen Keen	Orion Harriers	18: 09			
31	Ethan Georgecon-Mose	Orion Harriers	20: 08			
32	Noah Trencher	Thurrock Harriers	16			
33	Joseph Blane	Southend-on-Sea AC	21: 11			
					Teams	
					1 Basildon AC	39
					2 Havering AC	45
					3 Chelmsford AC	58
					4 Orion Harriers	86
					5 Southend-on-Sea AC	46 (3)
					6 Thurrock Harriers	49 (3)
					7 Cambridge & Coleridge AC	23 (2)
					8 Benfleet Running Club	37 (2)
					9 Colchester & Tendring AC	53 (2)
					10 East Essex Triathlon Club	19 (1)
					11 Ilford AC	24 (1)

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Essex Cross Country League (2)

<u>One Tree Hill</u>			<u>U17/20 Women</u>	<u>10/11/2018</u>	
Pos	Age	Name	Team	Time	
1	U17	Grace Burrell	Basildon AC	18: 22	
2	U17	Hayley Instance	Thurrock Harriers	19: 04	
3	U17	Martha Smith	Chelmsford AC	09	
4	U20	Elsie Gray	Colchester & Tendring AC	34	
5	U17	Frances Haines	Cambridge & Coleridge AC	38	
6	U20	Abby Rex	Basildon AC	44	
7	U20	Grace Goodall	Benfleet Running Club	20: 05	
8	U20	Jenna Williams	Southend-on-Sea AC	12	
9	U17	Sophie Wetheridge	Basildon AC	15	
10	U17	Kiera Scott	Basildon AC	28	
11	U17	Hannah Bolton	Chelmsford AC	39	
12	U17	Grace Ralston	Southend-on-Sea AC	21: 04	
13	U17	Savanna Sirkett	Orion Harriers	09	
14	U17	Holly Rex	Basildon AC	38	
15	U17	Sarah Blockley	Thurrock Harriers	50	
16	U17	Robyn Bartholomew	Southend-on-Sea AC	22: 03	
17	U17	Sasha Clark	Cambridge & Coleridge AC	25	
18	U20	Maia Grundy	Basildon AC	37	
19	U20	Joanna Rimmington	Southend-on-Sea AC	42	
20	U17	Emily Fall	Thurrock Harriers	48	
21	U20	Jordan Hinds	Ilford AC	49	
22	U17	Becci Leddy	Orion Harriers	23: 16	
23	U20	Catherine Barker	Havering AC	26	
24	U17	Millie Daniels	Basildon AC	31	
25	U20	Lucie Ball	Thurrock Harriers	56	
26	U20	Mia Slesser	Southend-on-Sea AC	24: 26	
27	U20	Amelia Day	Havering AC	44	
28	U17	Katie Rafferty	Havering AC	25: 19	
29	U17	Jessica James	Havering AC	26: 53	
					Teams
					1 Basildon AC 26
					2 Southend-on-Sea AC 55
					3 Thurrock Harriers 62
					4 Havering AC 107
					5 Chelmsford AC 14 (2)
					6 Cambridge & Coleridge AC 22 (2)
					7 Orion Harriers 35 (2)
					8 Colchester & Tendring AC 4 (1)
					9 Benfleet Running Club 7 (1)
					10 Ilford AC 21 (1)

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Essex Cross Country League (2)

<u>One Tree Hill</u>		<u>U17 Men</u>	<u>10/11/2018</u>	
Pos	Name	Team	Time	
1	Zack Bridgeland	Chelmsford AC	22: 21	
2	Leon Wheeler	Thurrock Harriers	44	
3	Danny Millward	Colchester Harriers AC	50	
4	Joe Trim	East Essex Triathlon Club	56	
5	Ben Prior	Thurrock Harriers	23: 09	
6	Harry Jones	Havering AC	12	
7	Jamie Rashbrook	Basildon AC	28	
8	Mungo Prior	Ilford AC	35	
9	Finnley Lowe	Thurrock Harriers	49	
10	Matt Warner	Southend-on-Sea AC	53	
11	Daniel Morris	Basildon AC	24: 06	
12	Josh Metson	East Essex Triathlon Club	10	
13	Thomas Palmer	Colchester Harriers AC	20	
14	Victor Steinward	Colchester Harriers AC	23	
15	Bradley Deacon	Ilford AC	27	
16	Sam Wheatley	Southend-on-Sea AC	45	
17	James Wright	Basildon AC	48	
18	Joshua McGill	Basildon AC	53	
19	George Hill	Basildon AC	25: 32	
20	Harry Clarke	Chelmsford AC	36	
21	Aaron Davis	Chelmsford AC	42	
22	Ziggy Lambton	Colchester Harriers AC	54	
23	Jamie Putt	Harlow AC	26: 18	
24	Innes Fullerton	Braintree & District AC	27: 04	
25	Mason Hambleton	Thurrock Harriers	21	
26	Daniel McGill	Basildon AC	25	
27	Elijah Brown	Southend-on-Sea AC	46	
28	Jamie Mack	Thurrock Harriers	50	
29	Luke Chester	Havering AC	28: 30	
30	Haydn Hawkins	Braintree & District AC	29: 36	
31	Toby Maskell	Thurrock Harriers	30: 38	
32	Henri Willett	Thurrock Harriers	46	

Teams			
1	Thurrock Harriers	41	
2	Colchester Harriers AC	52	
3	Basildon AC	53	
4	Chelmsford AC	42	(3)
5	Southend-on-Sea AC	53	(3)
6	East Essex Triathlon Club	16	(2)
7	Ilford AC	23	(2)
8	Havering AC	35	(2)
9	Braintree & District AC	54	(2)
10	Harlow AC	23	(1)

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Essex Cross Country League (2)

<u>One Tree Hill</u>					<u>Senior Women</u>	<u>10/11/2018</u>		
Pos	Age	Name	Team	Time	Division 1 Teams (4 to score)			
1	V35	Rebecca Luxton	Chelmsford AC	25: 32	1	Havering AC	38	
2	SW	Ginte Bailey	Havering AC	26: 08	2	Southend-on-Sea AC	47	
3	U20	Sinead Clarke	Benfleet Running Club	: 25	3	Benfleet Running Club	74	
4	SW	Sarah Worley	Billericay Striders RC	: 34	4	Colchester Harriers AC	76	
5	V35	Lindsey Colman	Southend-on-Sea AC	: 58	5	Orion Harriers	142	
6	SW	Morgan Campbell	Havering AC	27: 05	6	Grange Farm & Dunmow Runr	146	
7	SW	Hayley Lamkin	Southend-on-Sea AC	: 25	7	Springfield Striders RC	212	
8	V45	Wendy King	Chelmsford AC	: 31	8	Brentwood Running Club	262	
9	V45	Claire Hall	Grange Farm & Dunmow Runr	: 46	9	Ilford AC	272	
10	SW	Nicola Bredin	Benfleet Running Club	: 53	10	Chelmsford AC	24	(3)
11	V45	Debbie Appleton	Havering AC	28: 00	11	Basildon AC	101	(3)
12	V45	Denise Morley	Colchester Harriers AC	: 07	12	Loughton AC	40	(1)
13	SW	Rebecca Cooke	Colchester Harriers AC	: 16	Division 2 Teams (4 to score)			
14	SW	Philippa Robinson	Grange Farm & Dunmow Runr	: 26	1	Thurrock Harriers	134	
15	SW	Megan Williams	Chelmsford AC	: 32	2	Billericay Striders RC	182	
16	V35	Helen Taczynski	Colchester Harriers AC	: 35	3	JBR Run and Tri	208	
17	SW	Sarah Pennington	Southend-on-Sea AC	: 37	4	Halstead RR	252	
18	SW	Holly Gillard	Southend-on-Sea AC	: 38	5	East Essex Triathlon Club	324	
19	SW	Clare Davies	Havering AC	: 40	6	Phoenix Striders	348	
20	SW	Isabella Woods	Havering AC	: 51	7	Pitsea Running Club	368	
21	V35	Louie Douglass	Basildon AC	: 53	8	Mid Essex Casuals	237	(3)
22	V50	Caroline Horden	Basildon AC	: 57	9	Hockley Trail Runners	342	(3)
23	V40	Tracy English	Southend-on-Sea AC	29: 03	10	Cambridge & Coleridge AC	85	(2)
24	V45	Alison Trauttmandorff-Wein	Orion Harriers	: 04	11	Tiptree Road Runners	135	(2)
25	V55	Loretta Sollars	Guest - Thurrock Harriers	: 06	12	Braintree & District AC	210	(2)
26	V45	Toni Radley	Thurrock Harriers	: 07	Veterans Teams (3 to score)			
27	V35	Dominique Hart	Benfleet Running Club	: 13	1	Colchester Harriers AC	63	
28	V50	Stefanie Godfrey	Cambridge & Coleridge AC	: 15	2	Southend-on-Sea AC	66	
29	V35	Rachael Roughan	Halstead RR	: 18	3	Orion Harriers	92	
30	SW	Lucie Golding	Thurrock Harriers	: 20	4	Basildon AC	101	
31	V35	Vic Curren	Springfield Striders RC	: 22	5	Thurrock Harriers	104	
32	V40	Hayley Rogerson	Orion Harriers	: 45	6	Benfleet Running Club	113	
33	V40	Victoria Peacock	Thurrock Harriers	: 57	7	Havering AC	126	
34	V45	Jacqui Watson	Benfleet Running Club	30: 10	8	Grange Farm & Dunmow Runr	132	
35	V40	Alexandra Hennessy	Colchester Harriers AC	: 26	9	Springfield Striders RC	138	
36	V40	Lorraine Gosling	Orion Harriers	: 37	10	JBR Run and Tri	146	
37	V35	Jennie Page	JBR Run and Tri	: 39	11	Billericay Striders RC	178	
38	V45	Anne Jenkinson	Southend-on-Sea AC	: 57	12	Halstead RR	188	
39	V50	Tracy Harrington	Tiptree Road Runners	31: 23	13	Brentwood Running Club	189	
40	V50	Lorna Gaffney	Loughton AC	: 30	14	East Essex Triathlon Club	210	
41	V40	Chrissy Murry	JBR Run and Tri	: 33	15	Ilford AC	223	
42	V45	Rebecca Gill	East Essex Triathlon Club	: 37	16	Mid Essex Casuals	237	
43	V45	Joanne Sullivan	Havering AC	: 46	17	Pitsea Running Club	263	
44	V35	Clare Worley	Billericay Striders RC	: 48	18	Phoenix Striders	294	
45	V50	Jodie Farrell	Thurrock Harriers	: 52	19	Chelmsford AC	9	(2)
					20	Cambridge & Coleridge AC	85	(2)
					21	Braintree & District AC	210	(2)
					22	Hockley Trail Runners	238	(2)
					23	Tiptree Road Runners	39	(1)
					24	Loughton AC	40	(1)

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Pos	Age	Name	Team	Time
46	V50	Nikki Ransom	Springfield Striders RC	: 55
47	V55	Breege Nordin	Ilford AC	: 58
48	V40	Kerry Harrington	Grange Farm & Dunmow Runr	32: 08
49	SW	Carlie Qirem	Ilford AC	: 15
50	V55	Christine Inch	Orion Harriers	: 18
51	V45	Rebecca Taylor	Southend-on-Sea AC	: 21
52	V40	Liane Conners	Benfleet Running Club	: 22
53	SW	Lucy Humphreys	Orion Harriers	: 26
54	SW	Catherine Campbell	Phoenix Striders	: 27
55	V50	Paula Purtell	Mid Essex Casuals	: 32
56	V45	Alexandra Wilkinson	Guest - Hockley Trail Runners	: 37
57	V35	Vashti MacDonald-Clink	Cambridge & Coleridge AC	: 53
58	V35	Laura Scott	Basildon AC	33: 08
59	V40	Nicola Evans	Benfleet Running Club	: 20
60	V50	Mary Lloyd	Brentwood Running Club	: 24
61	V50	Donna Hindle	Springfield Striders RC	: 28
62	SW	Natasha Pinborough	JBR Run and Tri	: 48
63	V40	Lisa James	Brentwood Running Club	: 53
64	SW	Leigh-Anne Porter	Halstead RR	34: 05
65	V35	Sarah Lengthorn	Billericay Striders RC	: 16
66	V45	Madeleine Knight	Brentwood Running Club	: 20
67	V35	Deborah Hall	East Essex Triathlon Club	: 26
68	V45	Michelle Evans	JBR Run and Tri	: 30
69	V45	Joanne Ling	Billericay Striders RC	: 35
70	V35	Marzena Ward	Billericay Striders RC	: 39
71	V50	Lorna Pettifer	Mid Essex Casuals	: 57
72	V40	Angela Thompson	Havering AC	: 58
73	V40	Lynsey Prentice	Brentwood Running Club	35: 00
74	V65	Lynn Tanner	Springfield Striders RC	: 05
75	V50	Pru Hayhow	Grange Farm & Dunmow Runr	: 12
76	V45	Nikki Leigh	Benfleet Running Club	: 13
77	V35	Anna Bambridge	Halstead RR	: 15
78	V55	Elaine Tribley	Springfield Striders RC	: 20
79	V40	Angela Smith	Pitsea Running Club	: 24
80	V45	Shona Browning	Billericay Striders RC	: 34
81	V45	Alison Sale	Ilford AC	: 37
82	V35	Kelly Judge	Halstead RR	: 48
83	SW	Charlotte Edwards	Thurrock Harriers	: 51
84	SW	Sasha Tourbassora	JBR Run and Tri	: 54
85	V45	Nicola Rudgley	Pitsea Running Club	36: 16
86	V35	Lynsey Hawkins	Braintree & District AC	: 17
87	V40	Emma Dudman	Guest - Dagenham 88 Runners	: 20
88	V40	Rahana Islam	Guest - Dagenham 88 Runners	: 21
89	V45	Louise Young	JBR Run and Tri	: 24
90	V35	Elizabeth Cox	Phoenix Striders	: 29

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Pos	Age	Name	Team	Time
91	V35	Emily Penkett	Springfield Striders RC	: 36
92	V45	Sarah De Cristofano	Benfleet Running Club	: 56
93	SW	Emma De Cruz	Billericay Striders RC	37: 01
94	V45	Julie Wilson	Brentwood Running Club	: 09
95	V45	Pauline Tester	Ilford AC	: 10
96	SW	Tracy Russell	Tiptree Road Runners	: 32
97	V35	Jenny Suckling	Grange Farm & Dunmow Runr	: 42
98	V50	Jo Pearce	Phoenix Striders	: 51
99	V55	Theresa Howe	Pitsea Running Club	: 58
100	V55	Joanne Day	Brentwood Running Club	38: 30
101	V35	Clare Boston	East Essex Triathlon Club	39: 25
102	V50	Annette Johnson	Benfleet Running Club	: 26
103	V35	Jenny O'Hanlon	Guest - Dagenham 88 Runners	: 29
104	SW	Carly Montero	Hockley Trail Runners	: 32
105	V65	Valerie Sinclair	Pitsea Running Club	: 41
106	V35	Kristina Read	Phoenix Striders	: 43
107	V50	Laura Williams	Benfleet Running Club	: 45
108	V50	Caroline Wallis	Pitsea Running Club	: 52
109	V45	Heather Impey	Phoenix Striders	: 59
110	V55	Angie Coster	Brentwood Running Club	40: 14
111	V55	Julie Peacock	Mid Essex Casuals	: 31
112	V50	Nicola Maslen	Phoenix Striders	: 34
113	V40	Louise Garrett	Grange Farm & Dunmow Runr	: 38
114	V65	Theresa Flannigan	East Essex Triathlon Club	: 54
115	V60	Gillian Harrison	Pitsea Running Club	41: 15
116	V40	Tracy Turner	Hockley Trail Runners	: 48
117	V65	Sue Vine	Phoenix Striders	42: 22
118	V60	Janet Head	Pitsea Running Club	44: 38
119	V50	Michelle Holman	Phoenix Striders	46: 43
120	SW	Kirsty Noble	Phoenix Striders	47: 17
121	V50	Sheila Sinclair	Ilford AC	: 31
122	V50	Gabby Atling	Hockley Trail Runners	49: 39
123	V50	Debi Loveland	JBR Run and Tri	50: 42
124	V40	Lynne Culham	Braintree & District AC	51: 48

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Essex Cross Country League (2)

<u>One Tree Hill</u>			<u>Senior Men</u>	<u>10/11/2018</u>	
Pos	Age	Name	Team	Time	Division 1 Teams (6 to score)
1	SM	Ramadan Osman	Colchester Harriers AC	27: 11	1 Havering AC 76
2	SM	Rob Warner	Havering AC	: 22	2 Southend-on-Sea AC 112
3	SM	James Buckley-Stanton	Havering AC	: 33	3 Orion Harriers 117
4	U20	Lewis Harknett	Orion Harriers	: 41	4 Thurrock Harriers 200
5	U20	Sam Atkins	Havering AC	: 50	5 Colchester Harriers AC 229
6	V40	Crispian Bloomfield	Billericay Striders RC	28: 07	6 Benfleet Running Club 294
7	SM	Oliver Park	Cambridge & Coleridge AC	: 08	7 Springfield Striders RC 345
8	SM	Alec Finch	Thurrock Harriers	: 15	8 Billericay Striders RC 439
9	SM	Rhys Gillard	Southend-on-Sea AC	: 27	9 Ilford AC 470
10	U20	James Stewart	Havering AC	: 32	10 Grange Farm & Dunmow Runners 499
11	U20	Sarab Dhillon	Thurrock Harriers	: 33	11 Brentwood Running Club 780
12	SM	Scott Cousins	Southend-on-Sea AC	: 38	12 Chelmsford AC 501 (5)
13	SM	Paul Grange	Havering AC	: 39	
14	SM	Nick Harris-Fry	Orion Harriers	: 41	Division 2 Teams (6 score)
15	U20	Joseph Owen	Orion Harriers	: 45	1 Halstead RR 647
16	SM	Mark Woodley	Chelmsford AC	: 47	2 JBR Run and Tri 822
17	V40	Lee Taylor	Southend-on-Sea AC	: 48	3 Phoenix Striders 871
18	V40	Christian Holmes	Southend-on-Sea AC	: 50	4 Pitsea Running Club 1301
19	SM	Tom Gardner	Ilford AC	: 55	5 Mid Essex Casuals 1006 (5)
20	SM	Nathan Filer	Colchester Harriers AC	29: 04	6 Cambridge & Coleridge AC 106 (4)
21	SM	Kurtis Swan	Braintree & District AC	: 10	7 Braintree & District AC 261 (4)
22	SM	Shaun Collins	Orion Harriers	: 11	8 East Essex Triathlon Club 392 (4)
23	SM	Lee Baynton	Benfleet Running Club	: 14	9 Tiptree Road Runners 556 (4)
24	U20	Taylor Newell	Thurrock Harriers	: 19	10 Hockley Trail Runners 811 (4)
25	SM	Alex Manton	Springfield Striders RC	: 24	11 Witham Running Club 451 (3)
26	U20	Sam Norris	Southend-on-Sea AC	: 29	12 Basildon AC 583 (3)
27	SM	James Sullivan	Springfield Striders RC	: 34	13 Harlow AC 107 (1)
28	SM	Chris Molloy	Cambridge & Coleridge AC	: 42	Veteran Team Result (4 to score)
29	SM	Brian Jenkins	Orion Harriers	: 48	1 Orion Harriers 165
30	SM	Joe Ray	Southend-on-Sea AC	: 55	2 Havering AC 275
31	SM	Matthew Bainbridge	Grange Farm & Dunmow Runners	: 58	3 Billericay Striders RC 284
32	V50	Craig Dyce	Cambridge & Coleridge AC	30: 07	4 Springfield Striders RC 293
33	V45	Barnaby Foot	Orion Harriers	: 09	5 Southend-on-Sea AC 296
34	V50	Colin Read	Orion Harriers	: 20	6 Benfleet Running Club 342
35	U20	Oscar Dawson	Colchester Harriers AC	: 21	7 Ilford AC 396
36	SM	James Caldon	Benfleet Running Club	: 22	8 Colchester Harriers AC 439
37	SM	James Smith	Halstead RR	: 23	9 Brentwood Running Club 482
38	SM	Chris O'Hara	Billericay Striders RC	: 27	10 Phoenix Striders 588
39	V40	Alistair Hodges	Cambridge & Coleridge AC	: 31	11 JBR Run and Tri 616
40	V50	Alan Smalls	Colchester Harriers AC	: 35	12 Grange Farm & Dunmow Runners 633
41	SM	Dan Moses	Orion Harriers	: 40	13 Mid Essex Casuals 781
42	U20	Luke Gill	East Essex Triathlon Club	: 42	14 Hockley Trail Runners 811
43	SM	John Whitehead	Havering AC	: 43	15 Pitsea Running Club 848
44	V40	Barry Smith	Havering AC	: 46	16 Thurrock Harriers 231 (3)
45	V45	Scott Rice	Thurrock Harriers	: 50	17 Basildon AC 583 (3)
46	V45	Adam Baker	Orion Harriers	: 56	18 Cambridge & Coleridge AC 71 (2)
47	SM	Neil Urry	Benfleet Running Club	: 57	19 East Essex Triathlon Club 242 (2)
48	SM	Chris Wayman	Benfleet Running Club	31: 01	20 Halstead RR 282 (2)
49	SM	Daniel Reynolds	Grange Farm & Dunmow Runners	: 06	21 Chelmsford AC 301 (2)
50	SM	Wesley Atkins	Halstead RR	: 07	22 Tiptree Road Runners 375 (2)
51	SM	Dave Smale	Southend-on-Sea AC	: 08	23 Witham Running Club 393 (2)
52	V40	Bob Glasgow	Orion Harriers	: 10	24 Harlow AC 107 (1)
53	V40	Stuart Raven	Springfield Striders RC	: 15	
54	SM	Neil McGoun	Orion Harriers	: 18	
55	SM	Adam Dowman	Thurrock Harriers	: 22	

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Pos	Age	Name	Team	Time
56	SM	Freddy Keefe	Havering AC	: 27
57	V45	Toby Draper	Thurrock Harriers	: 28
58	SM	Scott Darney	Witham Running Club	: 29
59	SM	Callum Wallace	Southend-on-Sea AC	: 34
60	SM	Gavin Scanlon	Colchester Harriers AC	: 37
61	SM	Ian Debnam	Braintree & District AC	: 38
62	V50	Paul Holloway	Ilford AC	: 39
63	SM	Robert Doyle	Thurrock Harriers	: 41
64	V40	Anthony Goodall	Springfield Striders RC	: 44
65	V40	Martin Chester	Havering AC	: 45
66	SM	Lee Pickering	Grange Farm & Dunmow Runners	: 47
67	SM	Shane Boxall	Southend-on-Sea AC	: 48
68	V45	Mark Dillon	Orion Harriers	: 50
69	V45	Graham Booty	Benfleet Running Club	: 52
70	V55	Tony Peceraro	Havering AC	: 54
71	V45	Terry Spooner	Benfleet Running Club	: 57
72	SM	Aaron Graves	Tiptree Road Runners	: 59
73	SM	Robert Smith	Colchester Harriers AC	32: 01
74	SM	Robbie Cooman	Havering AC	: 02
75	SM	Sebastian Parris	Ilford AC	: 03
76	SM	Tom Beasley	Orion Harriers	: 04
77	U20	Conor Culham	Braintree & District AC	: 07
78	SM	Michael Smith	Colchester Harriers AC	: 10
79	SM	Alex Sales	Colchester Harriers AC	: 13
80	V50	Stephen Philcox	Ilford AC	: 16
81	U20	Oliver Randall	Southend-on-Sea AC	: 18
82	V50	Andy Coleman	Billericay Striders RC	: 21
83	SM	Raphael Zenou	Orion Harriers	: 23
84	SM	Shawn Brown	Thurrock Harriers	: 27
85	V45	Tim Wright	Orion Harriers	: 31
86	V40	Paul Anderson	Springfield Striders RC	: 36
87	V50	Peter West	Colchester Harriers AC	: 37
88	V45	Andrew Low	Benfleet Running Club	: 40
89	SM	Harry Sloman	Chelmsford AC	: 45
90	V50	Paul Broome	Springfield Striders RC	: 56
91	V65	David Butler	Billericay Striders RC	: 58
92	V45	Tim Evans	JBR Run and Tri	33: 06
93	SM	Dan Ryenolds	JBR Run and Tri	: 07
94	SM	David Wilson	Orion Harriers	: 09
95	U20	Joe Lane	Chelmsford AC	: 10
96	V40	Graham Hogan	Havering AC	: 12
97	SM	Tom Walsh	Southend-on-Sea AC	: 13
98	V40	Peter Barrett	Brentwood Running Club	: 14
99	V45	Steve Walker	Havering AC	: 19
100	V45	Ian George	East Essex Triathlon Club	: 23
101	SM	Will Read-Wright	Orion Harriers	: 27
102	U20	William Lynes	Braintree & District AC	: 38
103	V40	Ashwin Shah	Grange Farm & Dunmow Runners	: 38
104	SM	Jack Hodges	Benfleet Running Club	: 48
105	V45	Antony Moore	Billericay Striders RC	: 52
106	SM	Euan Macfarlane	Phoenix Striders	: 56
107	V40	Paul Schofield	Harlow AC	: 58
108	SM	Vincent Manze	East Essex Triathlon Club	: 59
109	SM	William Radley	Tiptree Road Runners	34: 13
110	U20	Connor Johnson	Grange Farm & Dunmow Runners	: 17

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Pos	Age	Name	Team	Time
111	V50	Peter Tullett	Chelmsford AC	: 20
112	U20	Joe Logan	Thurrock Harriers	: 24
113	SM	Dave Pennington	JBR Run and Tri	: 25
114	V55	Nick Rankin	Benfleet Running Club	: 27
115	V40	Daniel Holeyman	Ilford AC	: 37
116	V50	Alan Clark	Benfleet Running Club	: 42
117	V40	Matt Stenning	Billericay Striders RC	: 53
118	SM	Martin Reynolds	Orion Harriers	: 56
119	SM	Philip David	Ilford AC	: 58
120	SM	Tim Martin	Thurrock Harriers	35: 16
121	U20	Samuel Morales	Thurrock Harriers	: 19
122	V50	John Barker	Brentwood Running Club	: 22
123	V45	Matt Randall	Southend-on-Sea AC	: 24
124	SM	Dan Hollinshead	Halstead RR	: 27
125	V60	Eamon Brown	Billericay Striders RC	: 31
126	V60	Andrew Morris	Phoenix Striders	: 32
127	SM	Steve Churchyard	Benfleet Running Club	: 34
128	V40	Roy Harwood	Benfleet Running Club	: 39
129	V55	Eamon Shelley	Thurrock Harriers	: 47
130	V40	Jarlath Rooney	Brentwood Running Club	: 52
131	V45	Roy Perrott	Orion Harriers	: 54
132	V55	Phil Olson	Brentwood Running Club	: 56
133	V60	Bob Langley	Halstead RR	36: 10
134	SM	Mike Monckton	Southend-on-Sea AC	: 11
135	V45	Ian Pike	Benfleet Running Club	: 12
136	V55	Stephen Foggo	Billericay Striders RC	: 12
137	V50	Ian O'Neill	Brentwood Running Club	: 24
138	V45	James Champion	Southend-on-Sea AC	: 26
139	V65	Andy Catton	Ilford AC	: 30
140	SM	Declan Evans	Grange Farm & Dunmow Runners	: 35
141	SM	Luca Preddbon	Grange Farm & Dunmow Runners	: 38
142	V60	Ian Gill	East Essex Triathlon Club	: 44
143	SM	Rob Dickenson	Havering AC	: 45
144	SM	Richard Rowe	Havering AC	: 47
145	V55	Trevor Horncastle	Phoenix Striders	: 50
146	V55	Dave Brock	Orion Harriers	: 52
147	V40	Dave Weldon	Springfield Striders RC	37: 03
148	V50	Neil Clark	Phoenix Striders	: 04
149	V60	Donald English	Halstead RR	: 09
150	V45	Roy James	Havering AC	: 13
151	V60	Bill Bennett	Orion Harriers	: 17
152	SM	Richard Farr	Southend-on-Sea AC	: 25
153	V50	Simon Morgan	Colchester Harriers AC	: 30
154	SM	Stuart Ashworth	Halstead RR	: 34
155	V40	Justin King	Southend-on-Sea AC	: 36
156	V55	Doug Stephens	Benfleet Running Club	: 38
157	V40	Ben Fisher	Orion Harriers	: 42
158	V50	Alan Fullerton	Grange Farm & Dunmow Runners	: 50
159	V40	Andrew Taczynski	Colchester Harriers AC	: 58
160	V60	Tim Brockington	Springfield Striders RC	38: 02
161	SM	Ben Whateley-Harris	Brentwood Running Club	: 08
162	V50	David Findlay	Basildon AC	: 15
163	V55	Alan Pearl	Ilford AC	: 42
164	V45	Colin Dunn	Mid Essex Casuals	: 48
165	V50	Andy Hawes	JBR Run and Tri	: 59

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Pos	Age	Name	Team	Time
166	V70	Peter Binns	Southend-on-Sea AC	39: 11
167	V50	Colin White	Billericay Striders RC	: 25
168	V55	Mark Jeffrey	Springfield Striders RC	: 29
169	V50	Martin Orford	Phoenix Striders	: 33
170	V45	Phil Watts	Springfield Striders RC	: 35
171	V40	Tony Collins	Havering AC	: 41
172	SM	Barry Weldon	Billericay Striders RC	: 45
173	V45	Mark Lawes	Tiptree Road Runners	: 48
174	V60	Stephen Burton	Benfleet Running Club	: 52
175	V45	Neil Hitchcock	Grange Farm & Dunmow Runners	: 53
176	V45	Ian Rodd	JBR Run and Tri	40: 01
177	V50	Phil Warner	Phoenix Striders	: 15
178	V60	Stephen Parker	Ilford AC	: 17
179	V50	Matt Gillard	Southend-on-Sea AC	: 18
180	V50	Lee Hazelwood	Phoenix Striders	: 23
181	V45	Steve Wise	Benfleet Running Club	: 24
182	V50	James Macnish-Porter	Brentwood Running Club	: 26
183	V50	Dave Hallett	JBR Run and Tri	: 29
184	V45	Richard Harmer	Brentwood Running Club	: 30
185	V40	Scott O'Loughlin	Phoenix Striders	: 52
186	V40	Spencer Garlic	Hockley Trail Runners	: 57
187	V45	Alan Copoke	Hockley Trail Runners	: 58
188	V55	Dave Lane	Phoenix Striders	: 59
189	V50	Gerry Greenwold	Witham Running Club	41: 13
190	V55	Kevin Kirby	Chelmsford AC	: 31
191	V50	Phil Young	JBR Run and Tri	: 33
192	V40	Paul Bailey	Brentwood Running Club	: 41
193	V50	Clive Higdon	Springfield Striders RC	: 42
194	V55	Ian Hart	Mid Essex Casuals	: 44
195	V45	Ian Glover	Southend-on-Sea AC	: 59
196	V40	Lawrence Harrison	Billericay Striders RC	42: 08
197	V60	Colin Jackson	Grange Farm & Dunmow Runners	: 16
198	V50	Stephen Cheal	Ilford AC	: 18
199	V60	Donald Sinclair	Pitsea Running Club	: 20
200	V45	David Beatty	Pitsea Running Club	: 23
201	V45	Trevor Robinson	Ilford AC	: 38
202	V60	Edward Skinner	Tiptree Road Runners	: 40
203	V50	Colin Wilkinson	Phoenix Striders	: 46
204	V60	David Jobling	Witham Running Club	43: 07
205	V50	Clive Bailey	JBR Run and Tri	: 13
206	V50	John Rex	Basildon AC	: 26
207	V50	Mark Smith	Grange Farm & Dunmow Runners	: 33
208	V55	Mark Moughton	Springfield Striders RC	44: 17
209	V40	Daniel Benwell	Hockley Trail Runners	: 19
210	SM	Ryan Sibley	Phoenix Striders	: 37
211	V60	Brian Butcher	Mid Essex Casuals	: 57
212	V50	James Goddard	Mid Essex Casuals	45: 01
213	V70	Keith Walker	Billericay Striders RC	: 13
214	V50	Henry Ricketts	Ilford AC	: 36
215	V55	Rhys Davis	Basildon AC	46: 07
216	V45	Jon Brown	JBR Run and Tri	: 38
217	V60	Graham Bardell	JBR Run and Tri	: 52
218	SM	William Holman	Phoenix Striders	47: 33
219	V55	John Cockroft	Billericay Striders RC	: 48
220	SM	Gavin Davis	Pitsea Running Club	: 56

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Pos	Age	Name	Team	Time
221	V40	Nicholas Miller	Pitsea Running Club	48: 20
222	V50	Angus Aldridge	Southend-on-Sea AC	: 33
223	V55	Frank Merrigan	Orion Harriers	: 43
224	V60	Peter Eates	Phoenix Striders	: 45
225	V65	Ray Vautier	Mid Essex Casuals	49: 28
226	SM	Andrew Beazeley	Guest - Dagenham 88	: 31
227	V50	Dennis Sherwood	Springfield Striders RC	50: 30
228	V60	Paul Williams	Pitsea Running Club	51: 23
229	V50	Tim Reeves	Hockley Trail Runners	52: 36
230	V55	Ray Sparra Everingham	Ilford AC	53: 37
231	V55	David Mills	Phoenix Striders	56: 38
232	V70	James Huddart	Ilford AC	58: 17
233	V60	Peter McLaughlin	Pitsea Running Club	61: 23

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