

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U13 G	Abigail Ives	Basildon AC	2	1	U13 B	Alex Ford	Havering AC	2
2	U13 G	Sydney Foley	Havering AC	3	2	U13 B	Kristian Kalmanis	Southend-on-Sea AC	5
3	U13 G	Erin Little	Chelmsford AC	6	2	U13 B	Luke Pullen	Southend-on-Sea AC	5
3	U13 G	Holly Freegard	Basildon AC	6	4	U13 B	Jorge Aguilar-Agon	Cambridge & Coleridge AC	11
5	U13 G	Milly Presland	Colchester Harriers AC	9	5	U13 B	Matthew Blacklock	Havering AC	12
6	U13 G	Demi Eaves	Thurrock Harriers	11	6	U13 B	Daniel Houchell	Basildon AC	14
7	U13 G	Daizy Harris	Basildon AC	12	7	U13 B	Miles Benyan	Cambridge & Coleridge AC	15
7	U13 G	Chloe Rand	Havering AC	12	7	U13 B	Joe Muller	Southend-on-Sea AC	15
9	U13 G	Maisy Silverstone	Orion Harriers	14	9	U13 B	Luke Randall	Southend-on-Sea AC	17
10	U13 G	Ellen Savidge	Harlow AC	20	10	U13 B	Dylan Harrod	Thurrock Harriers	21
10	U13 G	Grace Holmes	Southend-on-Sea AC	20	10	U13 B	Micky Jones	Southend-on-Sea AC	21
12	U13 G	Hannah Peacock	Thurrock Harriers	22	12	U13 B	Jake Borrett	Cambridge & Coleridge AC	22
13	U13 G	Annie Grannell	Havering AC	24	13	U13 B	Matthew Hick	Ilford AC	27
13	U13 G	Sophie Anderson	Southend-on-Sea AC	24	14	U13 B	Finn McGrath	Cambridge & Coleridge AC	29
15	U13 G	Hannah Yexley	Havering AC	30	14	U13 B	Lenny Houston	Havering AC	29
15	U13 G	Libby Gosling	Orion Harriers	30	16	U13 B	Henry Dover	Colchester & Tendring AC	30
17	U13 G	Samiya Aitmarri	Basildon AC	33	16	U13 B	Freddy Taiani	Basildon AC	30
18	U13 G	Madeleine Claydon	Colchester Harriers AC	35	18	U13 B	Kyle Gill	East Essex Triathlon Club	31
18	U13 G	Maddie Barker	Havering AC	35	19	U13 B	Archie Connors	Benfleet Running Club	33
20	U13 G	Hannah Johnson	Havering AC	36	20	U13 B	Fred Tall	Southend-on-Sea AC	36
21	U13 G	Rebecca O'Rourke	Havering AC	39	20	U13 B	Tom Cozens	Southend-on-Sea AC	36
21	U13 G	Robyn Bartholomew	Southend-on-Sea AC	39	22	U13 B	Timi McDaniel	Havering AC	40
23	U13 G	Lauryn Wood	Chelmsford AC	40	23	U13 B	Kai Lovelock	Thurrock Harriers	43
24	U13 G	Rose Mears	Havering AC	44	24	U13 B	Oliver Yexley	Havering AC	44
24	U13 G	Alice Atkins	Havering AC	44	25	U13 B	Daniel Pike	Discovery Triathlon Club	46
26	U13 G	Leila Querns	Cambridge & Coleridge AC	48	26	U13 B	Thomas Woodward	Chelmsford AC	49
27	U13 G	MacKenzie Cranfield	Harlow AC	53	27	U13 B	Onyeka Okoh	Chelmsford AC	51
28	U13 G	Jessie Collier	Havering AC	54	28	U13 B	Sunny Vehit	Thurrock Harriers	55
29	U13 G	Molly Redgrave	Colchester & Tendring AC	55	29	U13 B	Ellis Wright	Basildon AC	62
30	U13 G	Rebecca Natu	Orion Harriers	57	30	U13 B	Noah Trencher	Thurrock Harriers	64
31	U13 G	Kennedy Beardwell	Thurrock Harriers	60	30	U13 B	Mario Dabrescu	Ilford AC	64
32	U13 G	Mazy King	Colchester & Tendring AC	61	32	U13 B	Cory Campbell	Orion Harriers	71
32	U13 G	Morgan Romain	Havering AC	61	33	U13 B	Tom Gibney	East Essex Triathlon Club	82
34	U13 G	Mary Lammas	Havering AC	65	34	U13 B	Nic Key	Benfleet Running Club	83
35	U13 G	Anna Leinemann	Discovery Triathlon Club	68	35	U13 B	Liam Gibney	East Essex Triathlon Club	92
36	U13 G	Holly Webb	Cambridge & Coleridge AC	70	36	U13 B	Alex Aldridge	Southend-on-Sea AC	96
36	U13 G	Lauren Hazle	Chelmsford AC	70					
38	U13 G	Katie Brennan	Harlow AC	71					
38	U13 G	Madeline Booty	Thurrock Harriers	71					
40	U13 G	Jemima Maidment	Orion Harriers	81					
41	U13 G	Sophia Johns	Discovery Triathlon Club	94					
41	U13 G	Eve Smith	Orion Harriers	94					

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U15 G	Molly Sweetman	Havering AC	2	1	U15 B	Leon Wheeler	Thurrock Harriers	2
2	U15 G	Grace Burrell	Basildon AC	4	2	U15 B	Danny Millward	Colchester Harriers AC	4
3	U15 G	Hayley Instance	Thurrock Harriers	5	3	U15 B	Oliver Lill	Basildon AC	6
4	U15 G	Helena Dyce	Cambridge & Coleridge AC	8	4	U15 B	Mungo Prior	Ilford AC	8
5	U15 G	Savanna Sirkett	Harlow AC	9	5	U15 B	Max Caulfield	Colchester Harriers AC	9
6	U15 G	Faye Sweeting	Chelmsford AC	11	6	U15 B	Kai Boggon	Guest - WG & EL	13
7	U15 G	Georgia Tombs	Chelmsford AC	12	6	U15 B	Jay Shotter	Orion Harriers	13
8	U15 G	Martha Smith	Chelmsford AC	14	6	U15 B	Joseph Trim	East Essex Triathlon Club	13
9	U15 G	Annalie Cole	Orion Harriers	15	9	U15 B	Zach Bridgeland	Chelmsford AC	17
10	U15 G	Sophie Wetheridge	Basildon AC	18	10	U15 B	Ben Prior	Thurrock Harriers	18
11	U15 G	Hollie Rex	Basildon AC	19	11	U15 B	Harry Parker	Thurrock Harriers	22
12	U15 G	Lily Bath	Havering AC	20	12	U15 B	Sam Wheatley	Southend-on-Sea AC	24
12	U15 G	Lucy Aitchinson	Chelmsford AC	20	13	U15 B	Ermeas Aferwerki	Colchester & Tendring AC	26
14	U15 G	Grace Dukelow	Havering AC	21	14	U15 B	Ziggy Lambton	Colchester Harriers AC	31
15	U15 G	Matilda Taylor	Cambridge & Coleridge AC	24	15	U15 B	Joe Morgan	Harlow AC	32
16	U15 G	Keirra Scott	Basildon AC	27	15	U15 B	Matthew Warner	Southend-on-Sea AC	32
16	U15 G	Hannah Phipps	Basildon AC	27	17	U15 B	Finnlay Lowe	Thurrock Harriers	35
18	U15 G	Lucy Gray	Chelmsford AC	30	18	U15 B	Thomas Palmer	Colchester & Tendring AC	37
19	U15 G	Abigail Kerr	Braintree & District AC	31	19	U15 B	Daniel McGill	Basildon AC	38
19	U15 G	Becci Leddy	Orion Harriers	31	19	U15 B	Jamie Putt	Harlow AC	38
21	U15 G	Aoibheann Pearce	Orion Harriers	33	21	U15 B	Alex Friend	Havering AC	39
22	U15 G	Lizzie Woods	Colchester Harriers AC	37	22	U15 B	Tyler Wiltshire	Braintree & District AC	46
23	U15 G	Saffron Rose	Colchester & Tendring AC	42	23	U15 B	James Wright	Basildon AC	49
24	U15 G	Lena Leinemann	Discovery Triathlon Club	44	24	U15 B	George Hill	Basildon AC	50
25	U15 G	Emily Fall	Thurrock Harriers	51	25	U15 B	James Rashbrook	Basildon AC	52
26	U15 G	Kiera Delaney	Basildon AC	52	25	U15 B	Saul Ashon	Orion Harriers	52
27	U15 G	Kate Walker	Havering AC	53	27	U15 B	Scott Thomas	Chelmsford AC	56
27	U15 G	Tia Cocca	Chelmsford AC	53	27	U15 B	Issac Dodd	Southend-on-Sea AC	56
27	U15 G	Sasha Clark	Cambridge & Coleridge AC	53	29	U15 B	Henri Willett	Thurrock Harriers	57
27	U15 G	Hannah Rodgers	Colchester Harriers AC	53	30	U15 B	Josh McGill	Basildon AC	59
31	U15 G	Isabella Minder	Colchester Harriers AC	55	30	U15 B	Billy Saunders	Basildon AC	59
32	U15 G	Katie Rafferty	Havering AC	56	30	U15 B	Jack Saunders	Basildon AC	59
33	U15 G	Eliza Warren	Harlow AC	59	33	U15 B	Sam Sloan	Harlow AC	61
34	U15 G	Jessica James	Havering AC	66	34	U15 B	Jamie Mack	Thurrock Harriers	62
35	U15 G	Charlotte Grant	Orion Harriers	67	34	U15 B	Harry Clarke	Chelmsford AC	62
36	U15 G	Charlotte Wright	Havering AC	73	36	U15 B	Ben Podd	Chelmsford AC	64
37	U15 G	Amy Cope	Cambridge & Coleridge AC	76	37	U15 B	Louis Berrett	Havering AC	68
38	U15 G	Mairi Malcolm	Harlow AC	77	37	U15 B	Ben Naish	Havering AC	72
					38	U15 B	Ben Naish	Havering AC	72
					39	U15 B	Mark Beale	Chelmsford AC	75
					40	U15 B	Sam Tremelling	Chelmsford AC	76
					40	U15 B	Dominic Jarvis	Havering AC	76
					42	U15 B	Henry Jones	Orion Harriers	78
					43	U15 B	Ethan Hunter	Chelmsford AC	84
					44	U15 B	Matthew Edwards	Havering AC	86
					45	U15 B	Henry Lay	Havering AC	88
					46	U15 B	Bradley Deacon	Ilford AC	90
					46	U15 B	Ellis Swindell	Thurrock Harriers	90
					48	U15 B	Peter Brinton-Quinn	Havering AC	94
					49	U15 B	Jake Long	Havering AC	103
					49	U15 B	James Lee	Basildon AC	103

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U17	Khahisa Mhlanga	Chelmsford AC	2	1	U17M	Joseph Owen	Orion Harriers	3
2	U17	Jessica Mitchell	Havering AC	5	2	U17M	Lewis Harknett	Harlow AC	4
2	U17	Kate O'Neill	Havering AC	5	3	U17M	Sam Norris	Southend-on-Sea AC	9
4	U17	Amber Pullinger	Thurrock Harriers	6	4	U17M	Ben Miller	Colchester & Tendring AC	10
5	U17	Rachel Broome	Chelmsford AC	11	5	U17M	Oscar Dawson	Colchester Harriers AC	14
6	U17	Sinead Clark	Benfleet Running Club	13	6	U17M	Isaac Brown	Basildon AC	16
6	U17	Lottie Rowedder	Harlow AC	13	6	U17M	Joseph Clark	Orion Harriers	16
8	U17	Hannah Watson	Colchester Harriers AC	15	8	U17M	Sarab Dhillon	Thurrock Harriers	21
9	U17	Elsie Gray	Colchester & Tendring AC	17	8	U17M	Oliver Randall	Southend-on-Sea AC	21
9	U17	Sophie Rand	Havering AC	17	10	U17M	Joe Logan	Thurrock Harriers	25
11	U17	Jo Rimmington	Southend-on-Sea AC	21	10	U17M	Sam Atkins	Havering AC	25
11	U17	Mary Ann Deasy	Colchester & Tendring AC	21	10	U17M	Jake Young	Colchester Harriers AC	25
13	U17	Abby Rex	Basildon AC	26	13	U17M	Freddy Richardson	Colchester & Tendring AC	26
14	U17	Catherine Barker	Havering AC	31	14	U17M	Jack Exley	Thurrock Harriers	27
15	U17	Niamh Smith	Basildon AC	40	15	U17M	Lewis Debenham	Havering AC	29
16	U17	Lucie Ball	Thurrock Harriers	42	15	U17M	Callum Liassi	Benfleet Running Club	29
17	U17	Emma Stephens	Cambridge & Coleridge AC	44	17	U17M	Matt Norris	Southend-on-Sea AC	31
18	U17	Genevieve Pate	Benfleet Running Club	47	18	U17M	Owen Harknett	Harlow AC	34
19	U17	Mia Slesser	Southend-on-Sea AC	50	19	U17M	Luke Gill	East Essex Triathlon Club	35
20	U17	Leah McGill	Basildon AC	57	20	U17M	Fergus Crouch	Colchester Harriers AC	37
21	U17	Emily James	Havering AC	59	21	U17M	Tom Stuttle	Southend-on-Sea AC	40
					22	U17M	Drew Olley	Colchester Harriers AC	42
1	U20	Belinda Dow	Cambridge & Coleridge AC	15	23	U17M	Craig Wheeler	Southend-on-Sea AC	44
2	U20	Lydia Callan	Chelmsford AC	25	23	U17M	Eden Coleman	Orion Harriers	44
3	U20	Megan Williams	Chelmsford AC	31	25	U17M	Reece Scott	Basildon AC	48
4	U20	Brooke Mensah	Thurrock Harriers	41	26	U17M	Joseph Boden	Colchester Harriers AC	50
5	U20	Georgia Phillips	Havering AC	54	27	U17M	George Applewhite	Basildon AC	52
					28	U17M	Oliver Bath	Havering AC	59

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	SW	Kerry Holland	Southend-on-Sea AC	6	1	U20	Harrison Smith	Basildon AC	20
2	SW	Laura Brooks	Basildon AC	10	1	U20	Ben Davis	Havering AC	20
3	SW	Alexa Joel	Chelmsford AC	11	3	U20	Ramadan Osman	Colchester Harriers AC	21
4	SW	Clare Thurgood	Orion Harriers	12	4	U20	Max Jones	Basildon AC	36
5	SW	Claire Somerton	Cambridge & Coleridge AC	15	5	U20	Brandon Thorpe	Basildon AC	40
6	SW	Rebecca Luxton	Chelmsford AC	17	6	U20	Darren Blackwell	Chelmsford AC	42
7	SW	Vicki Hayes	Chelmsford AC	22	7	U20	Samuel Smith	Thurrock Harriers	43
8	SW	Sarah Imbush	Southend-on-Sea AC	25	8	U20	Joseph Patterson	Colchester & Tendring AC	47
9	SW	Rebecca Cooke	Colchester Harriers AC	26	9	U20	William Page	Colchester & Tendring AC	52
10	SW	Sarah Pennington	Southend-on-Sea AC	29	10	U20	Dan Richards	Orion Harriers	53
11	SW	Stacey Eyres	Colchester Harriers AC	31	11	U20	George Day	Orion Harriers	54
12	SW	Ella Neale	Colchester Harriers AC	35	12	U20	Oliver Mann	Thurrock Harriers	77
13	SW	Nicola Bredin	Basildon AC	39	13	U20	Christian Gray	Basildon AC	92
14	SW	Karen Whitmarsh	Basildon AC	43	14	U20	James Stewart	Havering AC	94
15	SW	Natalie Kipps	Orion Harriers	47	15	U20	Euan Harlow	Havering AC	96
16	SW	Danielle Sale	Orion Harriers	65	16	U20	Curtis Wood	Cambridge & Coleridge AC	111
16	SW	Andrea James	Colchester Harriers AC	65	17	U20	Tom Muers	East Essex Triathlon Club	121
18	SW	Holly Gillard	Southend-on-Sea AC	70	18	U20	Conor Culham	Braintree & District AC	140
19	SW	Hazel Buist	Halstead RR	83	19	U20	Kieran O'Hara	Havering AC	144
20	SW	Eira Booth	Pitsea Running Club	85	20	U20	Ben Holdgate	Braintree & District AC	147
21	SW	Jayne Stacey	Benfleet Running Club	93	21	U20	Aidan Elmore	Havering AC	228
22	SW	Loretta Chalkey	Thrift Green Trotters	99					
23	SW	Sarah Frost	Halstead RR	127	1	SM	Tom Frith	Southend-on-Sea AC	2
24	SW	Becky Bottjer	Colchester Harriers AC	160	2	SM	Rob Warner	Havering AC	4
25	SW	Grace Reeman	Phoenix Striders	171	3	SM	Matt Granger	Chelmsford AC	8
26	SW	Vicki Calleja	Thrift Green Trotters	198	4	SM	Ryan Prout	Chelmsford AC	9
					5	SM	Alec Finch	Thurrock Harriers	11
1	W35	Liz Davies	Springfield Striders RC	3	6	SM	Tom Gardner	Ilford AC	12
2	W35	Sally Judd	Chelmsford AC	14	7	SM	Carwyn Jones	Colchester Harriers AC	13
3	W35	Hayley Rogerson	Orion Harriers	43	8	SM	Tristan Windley	Springfield Striders RC	18
4	W35	Louise Douglass	Basildon AC	46	9	SM	Rhys Gillard	Southend-on-Sea AC	20
5	W35	Annette Oakman	Colchester Harriers AC	48	10	SM	Oliver Park	Cambridge & Coleridge AC	27
6	W35	Emily Smith	Springfield Striders RC	58	11	SM	Chris Sellens	Colchester Harriers AC	29
7	W35	Natasha Lagden	Southend-on-Sea AC	68	12	SM	Charlie Parker	Southend-on-Sea AC	34
8	W35	Victoria Curren	Springfield Striders RC	70	13	SM	Kurtis Swan	Billericay Striders RC	35
8	W35	Kasia Kostyrka	Southend-on-Sea AC	70	14	SM	Scott Cousins	Springfield Striders RC	41
10	W35	Rachel Roughan	Springfield Striders RC	74	15	SM	Nick Smallwood	Cambridge & Coleridge AC	44
11	W35	Kathleen Short	Thrift Green Trotters	76	15	SM	Alex Manton	Springfield Striders RC	44
12	W35	Jo Sullivan	Havering AC	86	17	SM	Paul Grange	Havering AC	60
12	W35	Ruth Havis	Billericay Striders RC	86	18	SM	James Wright	Springfield Striders RC	65
14	W35	Debbielyn Hallam	Southend-on-Sea AC	104	19	SM	Sam Cornforth	Springfield Striders RC	68
15	W35	Joanna Ling	Billericay Striders RC	105	20	SM	Lee Baynton	Benfleet Running Club	69
16	W35	Sarah Norton	Benfleet Running Club	114	21	SM	Andy Jopson	Benfleet Running Club	74
17	W35	Maria McQueenie	Phoenix Striders	169	22	SM	Philip Smith	Springfield Striders RC	80
18	W35	Lorna Mess	Thrift Green Trotters	170	23	SM	Chris Wayman	Benfleet Running Club	92
19	W35	Clare Hills	Thrift Green Trotters	175	24	SM	Chris O'Hara	Billericay Striders RC	96
20	W35	Pippa Harrington	Thrift Green Trotters	176	25	SM	Cameron Humphries	Colchester Harriers AC	99
					26	SM	Jack Morris	Pitsea Running Club	133
1	W45	Margaret Deasy	Colchester & Tendring AC	24	27	SM	Graeme Kennedy	Cambridge & Coleridge AC	137
2	W45	Denise Morley	Colchester Harriers AC	27	28	SM	Callum Wallace	Southend-on-Sea AC	149
3	W45	Wendy King	Chelmsford AC	31	29	SM	Ewan McFarlane	Phoenix Striders	151
4	W45	Alison Trauttmansdorff	Orion Harriers	50	30	SM	Neil McGoun	Orion Harriers	153
5	W45	Joanne Smith	Chelmsford AC	52	31	SM	Dan Reynolds	Mid Essex Casuals	161
6	W45	Jacqui Watson	Benfleet Running Club	80	32	SM	Jim Clark	Halstead RR	167
7	W45	Lorna Pettifer	Mid Essex Casuals	90	33	SM	Richard Rowe	Havering AC	182
8	W45	Nicola Hopkinson	Ilford AC	91	34	SM	Steve May	Halstead RR	207
9	W45	Mandy Wetheridge	Basildon AC	99	35	SM	Chris Allen	Basildon AC	214
10	W45	Jo Pearce	Phoenix Striders	102	36	SM	Alfie Waitthaka	Havering AC	219
11	W45	Lorna Gaffney	Loughton AC	106	37	SM	John Greenley	Halstead RR	232
11	W45	Dianne Crisp	Ilford AC	106	38	SM	Andy Owen	Halstead RR	235
13	W45	Mandy Cooper	Benfleet Running Club	118	39	SM	Joel Hayhow	Orion Harriers	236
13	W45	Wendy Carter	Halstead RR	118	40	SM	Joe McGrath	Basildon AC	253
15	W45	Allison Gillan	Springfield Striders RC	121	41	SM	Chris Footer	Phoenix Striders	297
16	W45	Ruth Roberts	Phoenix Striders	125	41	SM	Tony Collins	Havering AC	297
16	W45	Juliet Warren-Penny	Springfield Striders RC	125	43	SM	Steve Rebel	Thrift Green Trotters	333

18	W45	Sue Crompton	Southend-on-Sea AC	126					
19	W45	Dianne Fairchild	Thrift Green Trotters	129	1	V40	Sullivan Smith	Cambridge & Coleridge AC	5
20	W45	Jane Hallam	Havering AC	134	2	V40	Steve Rand	Havering AC	31
21	W45	Juliet Ward	Havering AC	139	3	V40	Lee Taylor	Southend-on-Sea AC	46
21	W45	Rebecca Taylor	Southend-on-Sea AC	139	4	V40	Robin Tubbs	Chelmsford AC	67
21	W45	Tracy O'Neill	Havering AC	139	5	V40	Paul Holloway	Iford AC	70
24	W45	Annette Johnson	Benfleet Running Club	158	5	V40	Scott Rice	Thurrock Harriers	70
25	W45	Laura Williams	Benfleet Running Club	160	7	V40	Lee Martin	Springfield Striders RC	78
26	W45	Sarah Goodwin	Springfield Striders RC	164	8	V40	Mark Harrod	Colchester Harriers AC	81
27	W45	Joanne Day	Thrift Green Trotters	172	8	V40	Paul Rodgers	Colchester Harriers AC	81
28	W45	Doris Gaga	Iford AC	179	10	V40	Colin Read	Orion Harriers	85
					11	V40	Stuart Raven	Springfield Striders RC	86
1	W55	Christine Deacon	Billericay Striders RC	92	12	V40	Scott Dryden	Springfield Striders RC	88
2	W55	Valerie Sinclair	Pitsea Running Club	146	13	V40	Andy Low	Benfleet Running Club	92
3	W55	Beryl De Smedt	Phoenix Striders	154	14	V40	Graham Booty	Benfleet Running Club	96
4	W55	Gillian Harrison	Pitsea Running Club	164	15	V40	Gary Chandler	Springfield Striders RC	101
5	W55	Jackie Woodruffe	Thrift Green Trotters	175	16	V40	Terry Spooner	Benfleet Running Club	102
6	W55	Tracey Minton	Chelmsford AC	195	17	V40	Adam Baker	Orion Harriers	106
					18	V40	Jon Nears	Colchester Harriers AC	111
1	W65	Teresa Flannigan	East Essex Triathlon Club	158	19	V40	Anthony Goodall	Springfield Striders RC	115
2	W65	Pam Jones	Iford AC	179	20	V40	Adrian Smith	Orion Harriers	121
					21	V40	Christian Holmes	Southend-on-Sea AC	132
					22	V40	Richard Candler	Halstead RR	136
					23	V40	Andy Wright	Billericay Striders RC	137
					24	V40	James Champion	Southend-on-Sea AC	161
					25	V40	Ian O'Neil	Thrift Green Trotters	163
					25	V40	Mark Buckley	Springfield Striders RC	163
					27	V40	Steve Walker	Havering AC	176
					27	V40	Tim Wright	Orion Harriers	176
					29	V40	Gary Atkins	Havering AC	186
					30	V40	Stuart Colley	Orion Harriers	189
					31	V40	Jon Wyatt	East Essex Triathlon Club	191
					32	V40	Russell Goodridge	Colchester Harriers AC	194
					33	V40	Myles Coulson	Braintree & District AC	197
					34	V40	Graham Hogan	Havering AC	199
					35	V40	Jon Byford	Springfield Striders RC	212
					36	V40	Greg Wisken	Mid Essex Casuals	221
					37	V40	Brian Venton	Benfleet Running Club	230
					38	V40	Ian Pike	Benfleet Running Club	232
					39	V40	Mike Grout	Benfleet Running Club	244
					40	V40	Paul Agastina	Phoenix Striders	259
					41	V40	Simon Morgan	Colchester Harriers AC	261
					41	V40	Matt Gillard	Southend-on-Sea AC	261
					43	V40	John Rex	Basildon AC	273
					44	V40	Gary Rowlatt	Thurrock Harriers	284
					45	V40	Ian Chandler	Halstead RR	285
					46	V40	James Price	Phoenix Striders	294
					47	V40	Lawrence Harrison	Billericay Striders RC	301
					48	V40	Trevor Robinson	Loughton AC	316
					49	V40	Dennis Briggs	Iford AC	318
					50	V40	Ricky Lee	Billericay Striders RC	334
					51	V40	Lee Hazlewood	Phoenix Striders	346
					1	V50	Colin Ridley	Colchester Harriers AC	65
					2	V50	Paul Spowage	Colchester Harriers AC	104
					3	V50	Michael Bridgeland	Chelmsford AC	111
					4	V50	Alec Kyriakides	Southend-on-Sea AC	128
					5	V50	John Barker	Thrift Green Trotters	142
					6	V50	Don Lawless	Thurrock Harriers	151
					7	V50	Paul Broome	Springfield Striders RC	159
					8	V50	Peter West	Colchester Harriers AC	164
					9	V50	Alan Clark	Benfleet Running Club	176
					10	V50	Neil Swift	Orion Harriers	183
					11	V50	Peter Tullett	Chelmsford AC	188
					12	V50	David Findlay	Basildon AC	195
					13	V50	Trevor Horncastle	Phoenix Striders	201

14	V50	Phil Olsen	Thrift Green Trotters	204
15	V50	James Hart	Orion Harriers	211
16	V50	Steve Foggo	Billericay Striders RC	219
17	V50	Richard Bullis	Basildon AC	226
18	V50	Keith Thornton	Thrift Green Trotters	240
19	V50	Dave Brock	Orion Harriers	248
20	V50	Kevin Kirby	Chelmsford AC	260
21	V50	Julian Catmull	Springfield Striders RC	265
22	V50	Paul Williams	Orion Harriers	267
23	V50	Gary Bartlett	Orion Harriers	272
24	V50	Martin Orford	Phoenix Striders	278
25	V50	Rhys Davis	Basildon AC	299
26	V50	Neil Clark	Phoenix Striders	304
27	V50	James MacNish-Porter	Thrift Green Trotters	311
28	V50	Duncan Russell	Phoenix Striders	318
29	V50	Eddie Mills	Phoenix Striders	327
30	V50	Paul Williams	Pitsea Running Club	329
31	V50	Dave Girt	Southend-on-Sea AC	330
32	V50	Dennis Dudley	Benfleet Running Club	335
33	V50	Paul Tawn	Mid Essex Casuals	343
34	V50	Dave Lane	Phoenix Striders	360
35	V50	Melvyn Cooper	Thrift Green Trotters	361
1	V60	Tony Nixon	Ilford AC	206
2	V60	Bob Langley	Halstead RR	209
3	V60	Charlie Ritchie	Cambridge & Coleridge AC	211
4	V60	Peter Binns	Southend-on-Sea AC	221
5	V60	Mick Bumstead	Thurrock Harriers	231
6	V60	Ian Gill	East Essex Triathlon Club	279
7	V60	Ted Skinner	Ilford AC	294
8	V60	Bernard Johnson	Thurrock Harriers	310
9	V60	Peter McLaughlin	Pitsea Running Club	316
9	V60	Brian Butcher	Mid Essex Casuals	316

