



Essex Cross Country League (3)

Sponsored by

<u>Horseheath</u>				<u>U13 Girls</u>				<u>19-11-16</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Sydney Foley	Havering AC	12: 26								
2	Holly Freegard	Basildon AC	48								
3	Erin Little	Chelmsford AC	48								
4	Demi Eaves	Thurrock Harriers	55								
5	Chloe Rand	Havering AC	13: 08								
6	Daizy Harris	Basildon AC	22								
7	Ellen Savidge	Harlow AC	27								
8	Grace Holmes	Southend-on-Sea AC	37								
9	Dana Fraser	Cambridge & Coleridge AC	45								
10	Sophie Anderson	Southend-on-Sea AC	54								
11	Ifeoma Okoh	Chelmsford AC	14: 02								
12	Madeleine Claydon	Colchester Harriers AC	03								
13	Hannah Peacock	Thurrock Harriers	07								
14	Annie Grannell	Havering AC	09								
15	Hannah Johnson	Havering AC	18								
16	Maddie Barker	Havering AC	22								
17	Rebecca O'Rourke	Havering AC	24								
18	Amelia Maris	Cambridge & Coleridge AC	29								
19	Robyn Bartholomew	Southend-on-Sea AC	41								
20	Holly Watson	Chelmsford AC	42								
21	Leila Querns	Cambridge & Coleridge AC	49								
22	?? Ahmed	Cambridge & Coleridge AC	52								
23	Olive Cooke	Cambridge & Coleridge AC	57								
24	Holly Bradley	Havering AC	59								
25	Morgan Romain	Havering AC	15: 00								
26	MacKenzie Cranfield	Harlow AC	03								
27	Laila Melbrate	Orion Harriers	08								
28	Kennedy Beardwell	Thurrock Harriers	41								
29	Anna Leinemann	Discovery Triathlon Club	45								
30	Kitty Hilling	Cambridge & Coleridge AC	47								
31	Katie Brennan	Harlow AC	52								
32	Lauryn Wood	Chelmsford AC	16: 06								
33	Charlotte Bridger	Cambridge & Coleridge AC	08								
34	Madeline Booty	Thurrock Harriers	10								
35	Evie Buchan	Cambridge & Coleridge AC	18								
36	Holly Webb	Cambridge & Coleridge AC	40								
37	Jemima Maidment	Orion Harriers	56								
38	Gabriella Browne	Havering AC	17: 08								
39	Eve Smith	Orion Harriers	18: 19								
40	Mia Price	Havering AC	19: 30								

Teams		
1	Havering AC	35
2	Chelmsford AC	66
3	Cambridge & Coleridge AC	70
4	Thurrock Harriers	79
5	Southend-on-Sea AC	37 (3)
6	Harlow AC	64 (3)
7	Orion Harriers	103 (3)
8	Basildon AC	8 (2)
9	Colchester Harriers AC	12 (1)
10	Discovery Triathlon Club	29 (1)

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U13 Boys

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Pos	Name	Team	Time
1	Alex Ford	Havering AC	11: 37
2	Kristian Kalmanis	Southend-on-Sea AC	38
3	Aidan Cahill	Braintree & District AC	40
4	Luke Pullen	Southend-on-Sea AC	44
5	Jorge Aguilar-Agon	Cambridge & Coleridge AC	45
6	Joe Muller	Southend-on-Sea AC	47
7	Miles Benyan	Cambridge & Coleridge AC	12: 03
8	Finn McGrath	Cambridge & Coleridge AC	10
9	Jake Borrett	Cambridge & Coleridge AC	17
10	Luke Randall	Southend-on-Sea AC	21
11	Henry Dover	Colchester & Tendring AC	26
12	Archie Conners	Benfleet Running Club	29
13	Jake Lathham	Cambridge & Coleridge AC	30
14	Kyle Gill	East Essex Triathlon Club	32
15	Micky Jones	Southend-on-Sea AC	34
16	Dylan Harrod	Thurrock Harriers	37
17	Bill Titley	Havering AC	43
18	Lenny Houston	Havering AC	48
19	George Keen	Cambridge & Coleridge AC	53
20	Freddy Taiani	Basildon AC	56
21	Joshua Peyton	Cambridge & Coleridge AC	58
22	Fred Tall	Southend-on-Sea AC	13: 07
23	Thomas Chaplin	Cambridge & Coleridge AC	08
24	Louis Harhalakis	Cambridge & Coleridge AC	15
25	Daniel Pike	Discovery Triathlon Club	17
26	Sunny Vehit	Thurrock Harriers	23
27	Kai Lovelock	Thurrock Harriers	24
28	Timi McDaniel	Havering AC	27
29	Onyeka Okoh	Chelmsford AC	31
30	Cooper Mills	Chelmsford AC	34
31	Lukas Teleki	Cambridge & Coleridge AC	48
32	Luca Sangiovanni	Cambridge & Coleridge AC	53
33	Harry Moore	Thurrock Harriers	55
34	Tom Gibney	East Essex Triathlon Club	14: 07
35	Chand Dhillon	Thurrock Harriers	12
36	Noah Trencher	Thurrock Harriers	14
37	Liam Gibney	East Essex Triathlon Club	53
38	Ellis Wright	Basildon AC	55
39	Alex Aldridge	Southend-on-Sea AC	56
40	Archie Engers	Harlow AC	16: 24

Teams	
1	Southend-on-Sea AC 22
2	Cambridge & Coleridge AC 29
3	Havering AC 64
4	Thurrock Harriers 102
5	East Essex Triathlon Club 85 (3)
6	Basildon AC 58 (2)
7	Chelmsford AC 59 (2)
8	Braintree & District AC 3 (1)
9	Colchester & Tendring AC 11 (1)
10	Benfleet Running Club 12 (1)
11	Discovery Triathlon Club 25 (1)
12	Harlow AC 40 (1)

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<u>Horseheath</u>		<u>U15 Girls</u>	<u>19-11-16</u>	
Pos	Name	Team	Time	
1	Molly Sweetman	Havering AC	15:	57
2	Hayley Instance	Thurrock Harriers	16:	03
3	Grace Burrell	Basildon AC		18
4	Helena Dyce	Cambridge & Coleridge AC		29
5	Martha Smith	Chelmsford AC		38
6	Faye Sweeting	Chelmsford AC		46
7	Savanna Sirkett	Harlow AC		55
8	Georgia Tombs	Chelmsford AC	17:	15
9	Sophie Wetheridge	Basildon AC		29
10	Hannah Phipps	Basildon AC		35
11	Hollie Rex	Basildon AC		39
12	Matilda Taylor	Cambridge & Coleridge AC		41
13	Becci Leddy	Orion Harriers		44
14	Frances Haines	Cambridge & Coleridge AC		52
15	Lucy Aitchinson	Chelmsford AC		58
16	Aino Turunen	Cambridge & Coleridge AC		59
17	Beth Irving	Cambridge & Coleridge AC	18:	00
18	Jasmine West	Colchester Harriers AC		07
19	Abigail Kerr	Braintree & District AC		10
20	Annalie Cole	Orion Harriers		12
21	Lena Leinemann	Discovery Triathlon Club	19:	06
22	Hannah Rodgers	Colchester Harriers AC		24
23	Isabella Minder	Colchester Harriers AC	20:	38
24	Eliza Warren	Harlow AC	21:	19
25	Emily Fall	Thurrock Harriers		26
26	Katie Rafferty	Havering AC		58
27	Amy Kilner	Havering AC	22:	08
28	Mairi Malcolm	Harlow AC		22
29	Jessica James	Havering AC		31
30	Amelia Loveridge	Harlow AC		58
31	Sarah Ahmed	Cambridge & Coleridge AC	24:	28

Teams	
1	Basildon AC 33
2	Chelmsford AC 34
3	Cambridge & Coleridge AC 46
4	Havering AC 83
5	Harlow AC 89
6	Colchester Harriers AC 63 (3)
7	Thurrock Harriers 27 (2)
8	Orion Harriers 33 (2)
9	Braintree & District AC 19 (1)
10	Discovery Triathlon Club 21 (1)



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U15 Boys

19-11-16

Pos	Name	Team	Time
1	David Dow	Cambridge & Coleridge AC	14: 25
2	Danny Millward	Colchester Harriers AC	28
3	Oliver Lill	Basildon AC	43
4	Max Caulfield	Colchester Harriers AC	46
5	Kai Boggon	Guest - WG &EL	51
6	Joseph Trim	East Essex Triathlon Club	15: 00
7	Jay Shotter	Orion Harriers	01
8	Ben Prior	Thurrock Harriers	06
9	Hugh Dow	Cambridge & Coleridge AC	13
10	Sam Wheatley	Southend-on-Sea AC	21
11	Ziggy Lambton	Colchester Harriers AC	31
12	Zach Bridgeland	Chelmsford AC	33
13	Matthew Warner	Southend-on-Sea AC	35
14	Harry Parker	Thurrock Harriers	41
15	Tom Blake	Cambridge & Coleridge AC	46
16	Thomas Palmer	Colchester & Tendring AC	53
17	Joe Morgan	Harlow AC	16: 03
18	Finnlay Lowe	Thurrock Harriers	07
19	Thomas Bridger	Cambridge & Coleridge AC	08
20	Tyler Wiltshire	Braintree & District AC	17
21	Saul Ashon	Orion Harriers	21
22	Scott Thomas	Chelmsford AC	28
23	Harry Clarke	Chelmsford AC	40
24	Henri Willett	Thurrock Harriers	43
25	James Rashbrook	Basildon AC	45
26	Mason Hambleton	Thurrock Harriers	50
27	Ben Podd	Chelmsford AC	52
28	Ben Naish	Havering AC	58
29	James Fraser	Cambridge & Coleridge AC	17: 03
30	Louis Berrett	Havering AC	09
31	Henry Jones	Orion Harriers	16
32	Liam Bell	Cambridge & Coleridge AC	19
33	Mark Beale	Chelmsford AC	50
34	Joe Hammond	Colchester & Tendring AC	18: 20
35	Matthew Edwards	Havering AC	43
36	Ethan Hunter	Chelmsford AC	19: 05
37	William Pye	Cambridge & Coleridge AC	15
38	Luke Chester	Havering AC	24
39	Tom Woolf	Orion Harriers	42
40	Henry Lay	Havering AC	20: 08

Pos	Name	Team	Time
41	Peter Brinton-Quinn	Havering AC	32

Teams

1	Cambridge & Coleridge AC	44
2	Thurrock Harriers	64
3	Chelmsford AC	84
4	Orion Harriers	98
5	Havering AC	131
6	Colchester Harriers AC	17 (3)
7	Southend-on-Sea AC	23 (2)
8	Basildon AC	28 (2)
9	Colchester & Tendring AC	50 (2)
10	Guest - WG &EL	5 (1)
11	East Essex Triathlon Club	6 (1)
12	Harlow AC	17 (1)
	Braintree & District AC	20 (1)

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U17/20 Women

19-11-16

Pos	Age	Name	Team	Time
1	U17	Khahisa Mhlanga	Chelmsford AC	19: 09
2	U17	Amber Pullinger	Thurrock Harriers	20: 10
3	U17	Kate O'Neill	Havering AC	22
4	U20	Belinda Dow	Cambridge & Coleridge AC	50
5	U17	Rachel Broome	Chelmsford AC	55
6	U17	Lottie Rowedder	Harlow AC	59
7	U17	Sinead Clark	Benfleet Running Club	21: 14
8	U17	Sophie Rand	Havering AC	17
9	U17	Elsie Gray	Colchester & Tendring AC	53
10	U20	Lydia Callan	Chelmsford AC	22: 05
11	U17	Grace Goodard	Benfleet Running Club	13
12	U17	Abby Rex	Basildon AC	23: 13
13	U20	Brooke Mensah	Thurrock Harriers	26
14	U20	Megan Williams	Chelmsford AC	30
15	U17	Catherine Barker	Havering AC	24: 11
16	U20	Georgina Sturgeon	Colchester & Tendring AC	30

Teams

1	Chelmsford AC	30
2	Havering AC	26 (3)
3	Thurrock Harriers	15 (2)
4	Benfleet Running Club	18 (2)
5	Colchester & Tendring AC	25 (2)
6	Cambridge & Coleridge AC	4 (1)
7	Harlow AC	6 (1)
8	Basildon AC	12 (1)

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<u>Horseheath</u>		<u>U17 Men</u>	<u>19-11-16</u>
Pos	Name	Team	Time
1	Lewis Harknett	Harlow AC	22: 25
2	Oliver Newman	Cambridge & Coleridge AC	48
3	Ben Miller	Colchester & Tendring AC	53
4	Isaac Brown	Basildon AC	59
5	Sam Norris	Southend-on-Sea AC	23: 02
6	Oliver Randall	Southend-on-Sea AC	10
7	Sarab Dhillon	Thurrock Harriers	37
8	Joseph Clark	Orion Harriers	41
9	Freddy Richardson	Colchester & Tendring AC	43
10	Luke Gill	East Essex Triathlon Club	24: 18
11	Matt Norris	Southend-on-Sea AC	21
12	Jack Exley	Thurrock Harriers	39
13	Fergus Crouch	Colchester Harriers AC	46
14	Mario Montes	Cambridge & Coleridge AC	57
15	Joe Logan	Thurrock Harriers	25: 00
16	Callum Liassi	Benfleet Running Club	27
17	Dexter Goward	Benfleet Running Club	39
18	Craig Wheeler	Southend-on-Sea AC	59
19	George Applewhite	Basildon AC	26: 07
20	William Jones	Orion Harriers	12
21	Reece Scott	Basildon AC	26
22	Joseph Boden	Colchester Harriers AC	49

Teams	Time
1 Southend-on-Sea AC	40
2 Thurrock Harriers	34 (3)
3 Basildon AC	44 (3)
4 Colchester & Tendring AC	12 (2)
5 Cambridge & Coleridge AC	16 (2)
6 Orion Harriers	28 (2)
7 Benfleet Running Club	33 (2)
8 Colchester Harriers AC	35 (2)
9 Harlow AC	1 (1)
10 East Essex Triathlon Club	10 (1)



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Senior Women

19-11-16

Pos	Age	Name	Team	Time	Division 1 Teams (4 to score)	
1	SW	Faye Fullerton	Havering AC	22: 53	1 Chelmsford AC	36
2	W35	Liz Davies	Springfield Striders RC	23: 43	2 Southend-on-Sea AC	62
3	SW	Kerry Holland	Southend-on-Sea AC	24: 25	3 Cambridge & Coleridge AC	65
4	SW	Claire Somerton	Cambridge & Coleridge AC	: 26	4 Basildon AC	66
5	SW	Alexa Joel	Chelmsford AC	: 34	5 Colchester Harriers AC	77
6	SW	Laura Brooks	Basildon AC	: 40	6 Springfield Striders RC	100
7	W35	Sally Judd	Chelmsford AC	: 42	7 Benfleet Running Club	171
8	SW	Clare Thurgood	Orion Harriers	25: 03	8 Thrift Green Trotters	233
9	SW	Carla Brown	Cambridge & Coleridge AC	: 13	9 Ilford AC	246
10	SW	Sarah Imbush	Southend-on-Sea AC	: 33	10 Phoenix Striders	285
11	SW	Rebecca Luxton	Chelmsford AC	: 44	11 Orion Harriers	63 (3)
12	W35	Hayley Hawes	East Essex Triathlon Club	: 58		
13	SW	Vicki Hayes	Chelmsford AC	26: 01	Division 2 Teams (4 to score)	
14	W45	Wendy King	Chelmsford AC	: 28	1 Billericay Striders RC	182
15	W45	Denise Morley	Colchester Harriers AC	: 39	2 Halstead RR	207
16	SW	Sarah Pennington	Southend-on-Sea AC	: 53	3 Havering AC	65 (2)
17	SW	Rebecca Cooke	Colchester Harriers AC	: 56	4 East Essex Triathlon Club	84 (2)
18	SW	Ella Neale	Colchester Harriers AC	27: 16	5 Pitsea Running Club	142 (2)
19	SW	Karen Whitmarsh	Basildon AC	: 25	6 Colchester & Tendring AC	22 (1)
20	SW	Emily Bullis	Basildon AC	: 33	7 Mid Essex Casuals	44 (1)
21	SW	Nicola Bredin	Basildon AC	: 34	8 Braintree & District AC	60 (1)
22	W45	Margaret Deasy	Colchester & Tendring AC	: 38		
23	SW	Charmaine Sterling	Benfleet Running Club	: 42	Veterans Teams (3 to score)	
24	W45	Stefanie Godfrey	Cambridge & Coleridge AC	: 45	1 Chelmsford AC	50
25	SW	Natalie Kipps	Orion Harriers	: 59	2 Springfield Striders RC	63
26	W35	Polly Bridgman	Springfield Striders RC	28: 02	3 Cambridge & Coleridge AC	84
27	W35	Annette Oakman	Colchester Harriers AC	: 07	4 Billericay Striders RC	132
28	W35	Carrie Bedingfield	Cambridge & Coleridge AC	: 20	5 Southend-on-Sea AC	138
29	W45	Joanne Smith	Chelmsford AC	: 24	6 Ilford AC	164
30	W45	Alison Trauttmansdorff	Orion Harriers	: 29	6 Thrift Green Trotters	164
31	W35	Louise Douglass	Basildon AC	: 32	8 Benfleet Running Club	171
32	W35	Rachel Pritchard	Cambridge & Coleridge AC	: 46	9 Halstead RR	177
33	W35	Natasha Lagden	Southend-on-Sea AC	: 50	10 Phoenix Striders	200
34	SW	Holly Gillard	Southend-on-Sea AC	29: 21	11 Colchester Harriers AC	42 (2)
35	W35	Emily Smith	Springfield Striders RC	: 25	12 Basildon AC	77 (2)
36	SW	Hazel Buist	Halstead RR	30: 20	13 East Essex Triathlon Club	84 (2)
37	W35	Victoria Curren	Springfield Striders RC	: 24	14 Pitsea Running Club	142 (2)
38	SW	Katie Wilkinson	Benfleet Running Club	: 29	15 Colchester & Tendring AC	22 (1)
39	W35	Kathleen Short	Thrift Green Trotters	31: 10	16 Orion Harriers	30 (1)
40	SW	Narinder Kalsi	Guest	: 30	17 Mid Essex Casuals	44 (1)
41	W45	Nicola Hopkinson	Ilford AC	: 38	18 Braintree & District AC	60 (1)
42	W35	Ruth Havis	Billericay Striders RC	32: 01	19 Havering AC	64 (1)
43	W55	Christine Deacon	Billericay Striders RC	: 18		
44	W45	Lorna Pettifer	Mid Essex Casuals	: 37		
45	W45	Jo Pearce	Phoenix Striders	: 37		

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Pos	Age	Name	Team	Time
46	W45	Mandy Wetheridge	Basildon AC	32: 55
47	W45	Julie Boxer	Billericay Striders RC	33: 08
48	W45	Dianne Crisp	Ilford AC	: 15
49	W45	Allison Gillan	Springfield Striders RC	: 24
50	W35	Joanne Ling	Billericay Striders RC	: 27
51	W65	Diana Braverman	Cambridge & Coleridge AC	: 33
52	W35	Debbielyn Hallam	Southend-on-Sea AC	: 38
53	W45	Sue Crompton	Southend-on-Sea AC	: 45
54	W35	Sarah Norton	Benfleet Running Club	: 46
55	W45	Wendy Carter	Halstead RR	34: 04
56	W45	Mandy Cooper	Benfleet Running Club	: 08
57	W35	Charlotte King	Halstead RR	: 16
58	W45	Dianne Fairchild	Thrift Green Trotters	: 32
59	SW	Sarah Frost	Halstead RR	: 56
60	W35	Claire Gordon	Braintree & District AC	35: 51
61	W45	Laura Williams	Benfleet Running Club	: 54
62	W35	Sarah Knowles	Springfield Striders RC	: 59
63	SW	Becky Bottjer	Colchester Harriers AC	36: 03
64	W45	Tracy O'Neill	Havering AC	: 08
65	W35	Treena Harrington	Halstead RR	: 24
66	W55	Valerie Sinclair	Pitsea Running Club	: 52
67	W35	Karen Parry	Thrift Green Trotters	: 58
68	W45	Sarah Goodwin	Springfield Striders RC	: 59
69	W35	Clare Hills	Thrift Green Trotters	37: 23
70	W35	Donna Burnett	Billericay Striders RC	: 28
71	W55	Jackie Woodruffe	Thrift Green Trotters	: 30
72	W65	Teresa Flannigan	East Essex Triathlon Club	: 38
73	W35	Pippa Harrington	Thrift Green Trotters	: 44
74	W45	Annette Johnson	Benfleet Running Club	38: 19
75	W55	Julia Galea	Ilford AC	: 21
76	W55	Gillian Harrison	Pitsea Running Club	: 34
77	W35	Maria McQueenie	Phoenix Striders	: 58
78	W35	Cheryl Wilson	Phoenix Striders	39: 02
79	SW	Jenn Langley	Halstead RR	: 22
80	W35	Tricia Holmes	Southend-on-Sea AC	: 29
81	W35	Lorna Mess	Thrift Green Trotters	40: 11
82	W45	Doris Gaga	Ilford AC	41: 37
83	W65	Pam Jones	Ilford AC	42: 04
84	W65	Tina Leung	Thrift Green Trotters	44: 59
85	W55	Adele Moggan	Phoenix Striders	48: 08

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Senior Men

19-11-16

Pos	Age	Name	Team	Time	Division 1 Teams (6 to score)	
1	SM	Tom Frith	Southend-on-Sea AC	27: 39	1	Springfield Striders RC 131
2	V40	Sullivan Smith	Cambridge & Coleridge AC	: 58	2	Havering AC 162
3	SM	Rob Warner	Havering AC	28: 05	3	Southend-on-Sea AC 175
4	SM	Alec Finch	Thurrock Harriers	: 22	4	Orion Harriers 197
5	SM	Matt Granger	Chelmsford AC	: 49	5	Colchester Harriers AC 247
6	SM	Tristan Windley	Springfield Striders RC	: 59	6	Benfleet Running Club 320
7	U20	Harrison Smith	Basildon AC	29: 13	7	Basildon AC 393
8	SM	Tom Cammack	Springfield Striders RC	: 23	8	Phoenix Striders 698
9	SM	Toby Fletcher	Cambridge & Coleridge AC	: 30	9	Chelmsford AC 382 (5)
10	U20	Ben Davis	Havering AC	: 50	10	Ilford AC 535 (5)
11	SM	Rhys Gillard	Southend-on-Sea AC	: 59	11	Thrift Green Trotters 378 (4)
12	V40	Rodger Maidment	Orion Harriers	30: 15	12	Pitsea Running Club 516 (4)
13	V40	Steve Rand	Havering AC	: 17		
14	U20	Dan Richards	Orion Harriers	: 19		
15	U20	William Page	Colchester & Tendring AC	: 22		
16	U20	Brandon Thorpe	Basildon AC	: 27		
17	SM	Charlie Parker	Southend-on-Sea AC	: 28		
18	V40	Lee Taylor	Southend-on-Sea AC	: 29		
19	U20	Samuel Smith	Thurrock Harriers	: 37		
20	SM	Kurtis Swan	Billericay Striders RC	: 41		
21	SM	Danny Moses	Orion Harriers	: 47		
22	SM	Alfie Waithaka	Havering AC	: 50		
23	SM	Alex Manton	Springfield Striders RC	: 50		
24	SM	Robert Mahen	Cambridge & Coleridge AC	: 51		
25	U20	Joseph Patterson	Colchester & Tendring AC	: 51		
26	SM	Alastair Hodges	Cambridge & Coleridge AC	: 53		
27	V50	Colin Ridley	Colchester Harriers AC	: 54		
28	V40	Paul Rodgers	Colchester Harriers AC	31: 00		
29	V40	Mark Harrod	Colchester Harriers AC	: 14		
30	SM	James Wright	Springfield Striders RC	: 17		
31	SM	Philip Smith	Springfield Striders RC	: 22		
32	SM	Alex Eggeman	Cambridge & Coleridge AC	: 23		
33	V40	Lee Martin	Springfield Striders RC	: 30		
34	V40	Colin Read	Orion Harriers	: 31		
35	V40	Robin Tubbs	Chelmsford AC	: 35		
36	V40	Scott Rice	Thurrock Harriers	: 37		
37	SM	Andy Jopson	Benfleet Running Club	: 49		
38	V40	Andy Low	Benfleet Running Club	: 56		
39	V40	Paul Veitch	Cambridge & Coleridge AC	32: 01		
40	V40	Jon Nears	Colchester Harriers AC	: 03		
41	U20	James Stewart	Havering AC	: 05		
42	SM	Sam Cornforth	Springfield Striders RC	: 07		
43	V40	Anthony Goodall	Springfield Striders RC	: 09		
44	U20	Oliver Mann	Thurrock Harriers	: 11		
45	V50	Paul Spowage	Colchester Harriers AC	: 12		
46	V40	Al Pritchard	Cambridge & Coleridge AC	: 14		
47	SM	Ollie Young	Cambridge & Coleridge AC	: 15		
48	SM	Chris Wayman	Benfleet Running Club	: 18		
49	V40	Scott Dryden	Springfield Striders RC	: 23		
50	V40	Stuart Raven	Springfield Striders RC	: 28		
51	U20	Christian Gray	Basildon AC	: 34		
52	SM	Craig Horsburgh	Orion Harriers	: 43		
53	V40	Gary Chandler	Springfield Striders RC	: 49		
54	V50	John Barker	Thrift Green Trotters	: 55		
55	V50	Michael Bridgeland	Chelmsford AC	33: 01		
56	V40	Andy Wright	Billericay Striders RC	: 06		
					Division 2 Teams (6 score)	
					1	Cambridge & Coleridge AC 132
					2	Thurrock Harriers 240
					3	Halstead RR 548
					4	Mid Essex Casuals 455 (4)
					5	Colchester & Tendring AC 156 (3)
					6	East Essex Triathlon Club 261 (3)
					7	Billericay Striders RC 76 (2)
					8	Braintree & District AC 175 (2)
					9	Loughton AC 148 (1)
					Veteran Team Result (4 to score)	
					1	Colchester Harriers AC 124
					2	Springfield Striders RC 175
					3	Cambridge & Coleridge AC 176
					3	Orion Harriers 176
					5	Southend-on-Sea AC 233
					6	Benfleet Running Club 235
					7	Thurrock Harriers 305
					8	Chelmsford AC 377
					9	Thrift Green Trotters 378
					10	Halstead RR 419
					11	Ilford AC 456
					12	Basildon AC 473
					13	Phoenix Striders 488
					14	Havering AC 187 (3)
					15	Mid Essex Casuals 395 (3)
					16	Pitsea Running Club 459 (3)
					17	East Essex Triathlon Club 200 (2)
					18	Billericay Striders RC 56 (1)
					19	Braintree & District AC 98 (1)
					20	Colchester & Tendring AC 116 (1)
					21	Loughton AC 148 (1)

Pos	Age	Name	Team	Time
57	SM	Jack Morris	Pitsea Running Club	33: 16
58	V40	Graham Booty	Benfleet Running Club	: 18
59	V40	Terry Spooner	Benfleet Running Club	: 18
60	SM	Dan Reynolds	Mid Essex Casuals	: 23
61	U20	Tom Muers	East Essex Triathlon Club	: 24
62	U20	Curtis Wood	Cambridge & Coleridge AC	: 26
63	V50	Alec Kyriakides	Southend-on-Sea AC	: 31
64	V40	Adam Baker	Orion Harriers	: 34
65	V40	Christian Holmes	Southend-on-Sea AC	: 39
66	V40	Adrian Smith	Orion Harriers	: 44
67	V40	Toby Drape	Thurrock Harriers	: 48
68	V40	Richard Candler	Halstead RR	: 50
69	SM	Ewan McFarlane	Phoenix Striders	: 50
70	V50	Don Lawless	Thurrock Harriers	: 51
71	V40	Andy Doig	East Essex Triathlon Club	: 59
72	V50	Paul Broome	Springfield Striders RC	34: 00
73	U20	Kieran O'Hara	Havering AC	: 09
74	SM	Callum Wallace	Southend-on-Sea AC	: 14
75	SM	Graeme Kennedy	Cambridge & Coleridge AC	: 27
76	SM	Neil McGoun	Orion Harriers	: 33
77	U20	Conor Culham	Braintree & District AC	: 38
78	V50	Peter West	Colchester Harriers AC	: 41
79	SM	Seb Parriss	Ilford AC	: 54
80	V50	Nick Rankin	Benfleet Running Club	: 56
81	SM	Bradley Doe	Halstead RR	: 59
82	V40	Tim Wright	Orion Harriers	35: 02
83	V40	Steve Walker	Havering AC	: 06
84	V40	Ian O'Neil	Thrift Green Trotters	: 20
85	V40	Jon Byford	Springfield Striders RC	: 32
86	SM	Richard Rowe	Havering AC	: 34
87	V40	James Campion	Southend-on-Sea AC	: 38
88	V60	Tony Nixon	Ilford AC	: 47
89	V40	Dan Wheeler	Cambridge & Coleridge AC	: 57
90	V50	David Findlay	Basildon AC	: 58
91	V40	Graham Hogan	Havering AC	36: 08
92	V60	Bob Langley	Halstead RR	: 17
93	SM	John Greenley	Halstead RR	: 21
94	V40	Greg Wisken	Mid Essex Casuals	: 26
95	V50	Neil Crisp	Ilford AC	: 27
96	V40	Ben Fisher	Orion Harriers	: 28
97	V40	Stuart Colley	Orion Harriers	: 31
98	V40	Myles Coulson	Braintree & District AC	: 36
99	V50	Trevor Horncastle	Phoenix Striders	: 42
100	SM	Steve May	Halstead RR	: 45
101	V60	Charlie Ritchie	Cambridge & Coleridge AC	: 46
102	SM	Rob Dickenson	Havering AC	: 51
103	V50	David Wright	Colchester Harriers AC	: 55
104	V50	Phil Olsen	Thrift Green Trotters	: 55
105	V50	Richard Bullis	Basildon AC	: 55
106	V40	Brian Venton	Benfleet Running Club	: 58
107	V50	James Hart	Orion Harriers	: 59
108	V40	Phil Watts	Springfield Striders RC	37: 1
109	V60	Peter Binns	Southend-on-Sea AC	: 15
110	V40	Mike Grout	Benfleet Running Club	: 17
111	SM	Martin Reynolds	Orion Harriers	: 20
112	V40	Simon Morgan	Colchester Harriers AC	: 36

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Pos	Age	Name	Team	Time
113	SM	Ben Chamberlain	Cambridge & Coleridge AC	37: 44
114	SM	Andy Owen	Halstead RR	: 53
115	U20	Aidan Elmore	Havering AC	38: 06
116	V40	Ben Hammond	Colchester & Tendring AC	: 14
117	V40	Steve Bennett	Orion Harriers	: 18
118	V50	Julian Catmull	Springfield Striders RC	: 18
119	V60	Richard Taylor	Springfield Striders RC	: 23
120	V50	Dave Brock	Orion Harriers	: 42
121	V40	Ian Pike	Benfleet Running Club	39: 11
122	V50	Simon King	Halstead RR	: 17
123	V40	Lee Hazlewood	Phoenix Striders	: 22
124	SM	Joe McGrath	Basildon AC	: 26
125	V50	Paul Williams	Orion Harriers	: 36
126	V40	Matt Gillard	Southend-on-Sea AC	: 39
127	V50	Gerald Meah	Cambridge & Coleridge AC	: 46
128	V40	Paul Agastina	Phoenix Striders	: 46
129	V60	Ian Gill	East Essex Triathlon Club	: 47
130	V50	Kevin Kirby	Chelmsford AC	: 50
131	V50	Gary Bartlett	Orion Harriers	: 53
132	V60	Bernard Johnson	Thurrock Harriers	40: 00
133	V40	Dennis Briggs	Ilford AC	: 02
134	V40	John Rex	Basildon AC	: 02
135	V40	Danny Fitzsimons	Orion Harriers	: 03
136	V50	James MacNish-Porter	Thrift Green Trotters	: 08
137	V40	Ian Chandler	Halstead RR	: 11
138	V50	Martin Orford	Phoenix Striders	: 17
139	V50	Grant Corton	Orion Harriers	: 57
140	V60	Ted Skinner	Ilford AC	41: 24
141	V50	Neil Clark	Phoenix Striders	: 40
142	V40	Kevin Hopper	Springfield Striders RC	42: 08
143	V60	Alex Downie	Cambridge & Coleridge AC	: 09
144	V50	Rhys Davis	Basildon AC	: 18
145	V40	James Price	Phoenix Striders	: 26
146	SM	Chris Footer	Phoenix Striders	43: 02
147	V50	Duncan Russell	Phoenix Striders	44: 04
148	V40	Trevor Robinson	Loughton AC	: 44
149	V60	Peter McLaughlin	Pitsea Running Club	46: 19
150	v50	Paul Tawn	Mid Essex Casuals	: 20
151	V60	Brian Butcher	Mid Essex Casuals	: 57
152	V50	Dave Girt	Southend-on-Sea AC	47: 41
153	V50	Andrew Unsworth	Cambridge & Coleridge AC	48: 08
154	V50	Paul Williams	Pitsea Running Club	49: 08
155	V50	Eddie Mills	Phoenix Striders	: 53
156	V60	Peter Bates	Pitsea Running Club	53: 36
157	V50	Stephen Williams	Chelmsford AC	57: 02

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