

Essex Cross Country League (3)

<u>Horseheath</u>				<u>U13 Boys</u>				<u>15/12/2018</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Henry Dover	Colchester & Tendring AC	10: 50	41	Harrison Leek	Colchester Harriers AC	41				
2	Will Steadman	Chelmsford AC	58	42	Ollie Connors	Benfleet Running Club	43				
3	Oliver Prince	Braintree & District AC	11: 49	43	Fred Walton	Colchester & Tendring AC	14: 11				
4	Tom Wood	Chelmsford AC	52	44	Harvey Fox	Colchester & Tendring AC	19				
5	Matthew Smith	Cambridge & Coleridge AC	58	45	Bailey Hartman	Benfleet Running Club	15: 03				
6	George Green	Cambridge & Coleridge AC	59	46	James Malyon	Harlow AC	16: 26				
7	Thomas Peacock	Thurrock Harriers	12: 01								
8	Dylan Robins	Chelmsford AC	14								
9	Greg Martin	Chelmsford AC	16								
10	Martin Courtois	Cambridge & Coleridge AC	18								
11	James Brigstocke-Williams	Colchester & Tendring AC	19								
12	Michael Tesi	Havering AC	21								
13	Nathan Hart	Havering AC	22								
14	Lawrence Martin	Chelmsford AC	23								
15	Ryan Carroll	Havering AC	24								
16	Charlie Burgess	Havering AC	27								
17	Joseph Grange	Ilford AC	28								
18	George Christmas	Cambridge & Coleridge AC	30								
19	Hugo Jones	Southend-on-Sea AC	32								
20	Max Robbins	Havering AC	37								
21	Tom Bullock	Cambridge & Coleridge AC	39								
22	Finley Wolton	Havering AC	47								
23	Sebastian Alexandru	Havering AC	50								
24	Ryan West	Thurrock Harriers	50								
25	Oscar Shearing	Havering AC	52								
26	Lewis Waite	Chelmsford AC	58								
27	Alistair Moscuzza	Braintree & District AC	13: 02								
28	Toby Jones	Southend-on-Sea AC	04								
29	Luca McGrath	Cambridge & Coleridge AC	05								
30	Jonte Bridger	Cambridge & Coleridge AC	05								
31	Eddie De Souza	Orion Harriers	10								
32	Stanley Hobbs	Colchester & Tendring AC	11								
33	Alex Milkowski	Harlow AC	13								
34	Oliver Mills	Cambridge & Coleridge AC	22								
35	Arthur Cooke	Cambridge & Coleridge AC	24								
36	Francis Cooke	Cambridge & Coleridge AC	27								
37	Benedict Heath	Benfleet Running Club	29								
38	Joseph Gray	Havering AC	30								
39	Unknown	Cambridge & Coleridge AC	31								
40	Jack Armstrong	Thurrock Harriers	37								

Teams			
1	Chelmsford AC	23	
2	Cambridge & Coleridge AC	39	
3	Havering AC	56	
4	Colchester & Tendring AC	87	
5	Thurrock Harriers	71	(3)
6	Benfleet Running Club	124	(3)
7	Braintree & District AC	30	(2)
8	Southend-on-Sea AC	47	(2)
9	Harlow AC	79	(2)
10	Ilford AC	17	(1)
11	Orion Harriers	31	(1)
12	Colchester Harriers AC	41	(1)

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Essex Cross Country League (3)

<u>Horseheath</u>				<u>U15 Girls</u>				<u>15/12/2018</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Megan Harris	Basildon AC	15: 35	41	Frankie Zatouroff	Guest Royston Runners	17				
2	Demi Eves	Thurrock Harriers	53	42	Mikila Delanbanque	Harlow AC	23: 17				
3	Madison Harris	Basildon AC	16: 01								
4	Milly Presland	Colchester Harriers AC	07								
5	Natalie Sewell	Havering AC	17								
6	Sydney Foley	Havering AC	24								
7	Freya Seymour	Basildon AC	43								
8	Chloe Trew	Basildon AC	45								
9	Chloe Rand	Havering AC	49								
10	Jayne Elvin	Thurrock Harriers	54								
11	Lauryn Wood	Chelmsford AC	17: 13								
12	Sophie Magson	Orion Harriers	21								
13	Alice Brown	Havering AC	33								
14	Millie Robson	Cambridge & Coleridge AC	43								
15	Rebecca West	Cambridge & Coleridge AC	44								
16	Hannah Warner	Southend-on-Sea AC	49								
17	Ruby Samuels	Southend-on-Sea AC	54								
18	Ruby Muffett	Southend-on-Sea AC	55								
19	Madeline Barker	Havering AC	18: 01								
20	Madeleine Claydon	Colchester Harriers AC	13								
21	Amelie Maris	Cambridge & Coleridge AC	15								
22	Grace Holmes	Southend-on-Sea AC	20								
23	Leila Querns	Cambridge & Coleridge AC	22								
24	Jessica Wright	Havering AC	26								
25	Kennedy Beardwell	Thurrock Harriers	58								
26	Verity Garcia	Orion Harriers	19: 07								
27	Kitty Hilling	Cambridge & Coleridge AC	09								
28	Dana Fraser	Cambridge & Coleridge AC	15								
29	Alice Atkins	Havering AC	19								
30	Kilda Myers	Cambridge & Coleridge AC	20								
31	Ella Burgess	Havering AC	22								
32	Rosie Spring	Thurrock Harriers	24								
33	Olive Cooke	Cambridge & Coleridge AC	25								
34	Hannah Yexley	Havering AC	26								
35	Morgan Romain	Havering AC	29								
36	Evie Knight	Basildon AC	20: 07								
37	Missy Buxton	Colchester Harriers AC	09								
38	Anna Leinemann	Discovery Triathlon Club	43								
39	Amelia Jones	Southend-on-Sea AC	57								
40	Emily Henderson	Colchester Harriers AC	21: 14								

Teams		
1	Basildon AC	19
2	Havering AC	33
3	Thurrock Harriers	69
4	Southend-on-Sea AC	73
5	Cambridge & Coleridge AC	73
6	Colchester Harriers AC	101
7	Orion Harriers	38 (2)
8	Chelmsford AC	11 (1)
9	Discovery Triathlon Club	38 (1)

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<u>Horseheath</u>		<u>U15 Boys</u>	<u>15/12/2018</u>	
Pos	Name	Team	Time	
1	Alex Ford	Havering AC	14: 40	
2	Charlie Howell	Havering AC	48	
3	Luke Randall	Southend-on-Sea AC	15: 02	
4	Toby Linsell	Basildon AC	19	
5	Jack Wharton	Colchester & Tendring AC	23	
6	George Hey	Southend-on-Sea AC	28	
7	George Keen	Cambridge & Coleridge AC	29	
8	Fred Tall	Southend-on-Sea AC	39	
9	Benedict Maguire	Southend-on-Sea AC	41	
10	Dylon Harrod	Thurrock Harriers	51	
11	Bellviacim Bella	Orion Harriers	52	
12	Joe Muller	Southend-on-Sea AC	53	
13	Charlie Regan	Colchester & Tendring AC	59	
14	Shane Hart	Havering AC	16: 01	
15	Sunny Vehit	Thurrock Harriers	04	
16	Gethin Rogers	Cambridge & Coleridge AC	14	
17	Daniel Zailer-Fletcher	Cambridge & Coleridge AC	16	
18	William Samuels	Southend-on-Sea AC	21	
19	William Nuttall	Chelmsford AC	22	
20	Jacob Alexander	Chelmsford AC	23	
21	Samuel Waite	Chelmsford AC	23	
22	Joshua Smith	Basildon AC	31	
23	Archie Connors	Benfleet Running Club	36	
24	Jake Borrett	Cambridge & Coleridge AC	43	
25	Matthew Hick	Ilford AC	44	
26	Lenny Houston	Havering AC	17: 03	
27	Timi McDaniel	Havering AC	21	
28	Ryan Holeyman	Ilford AC	31	
29	Joshua Vail	Cambridge & Coleridge AC	32	
30	Harry Jackson	Basildon AC	38	
31	Dan Peters	Havering AC	41	
32	Joseph Perry	Chelmsford AC	49	
33	Harry Hiscock	Cambridge & Coleridge AC	54	
34	Jack Thomson	Havering AC	18: 08	
35	Ronan Longman-Young	Benfleet Running Club	15	
36	Noah Trencher	Thurrock Harriers	19: 19	
37	Owen Keen	Orion Harriers	20	

Teams	
1	Southend-on-Sea AC 26
2	Havering AC 43
3	Cambridge & Coleridge AC 64
4	Chelmsford AC 92
5	Basildon AC 56 (3)
6	Thurrock Harriers 61 (3)
7	Colchester & Tendring AC 18 (2)
8	Orion Harriers 48 (2)
9	Ilford AC 53 (2)
10	Benfleet Running Club 58 (2)

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Essex Cross Country League (3)

<u>Horseheath</u>			<u>U17/20 Women</u>	<u>15/12/2018</u>	
Pos	Age	Name	Team	Time	
1	U17	Grace Burrell	Basildon AC	20: 14	
2	U17	Hayley Instance	Thurrock Harriers	19	
3	U17	Helena Dyce	Cambridge & Coleridge AC	59	
4	U20	Sophie Rand	Havering AC	21: 04	
5	U20	Elsie Gray	Colchester & Tendring AC	10	
6	U17	Sophie Wetheridge	Basildon AC	33	
7	U17	Frances Haines	Cambridge & Coleridge AC	36	
8	U20	Grace Goodall	Benfleet Running Club	22: 18	
9	U17	Hannah Bolton	Chelmsford AC	23	
10	U20	Jenna Williams	Southend-on-Sea AC	24	
11	U17	Annalie Cole	Orion Harriers	25	
12	U20	Megan Rapley	Basildon AC	37	
13	U20	Abby Rex	Basildon AC	45	
14	U17	Sasha Clark	Cambridge & Coleridge AC	23: 00	
15	U17	Savanna Sirkett	Orion Harriers	11	
16	U17	Beth Irving	Cambridge & Coleridge AC	26	
17	U17	Faye Sweeting	Chelmsford AC	42	
18	U17	Emily Fall	Thurrock Harriers	56	
19	U20	Joanna Rimmington	Southend-on-Sea AC	24: 03	
20	U17	Robyn Bartholomew	Southend-on-Sea AC	16	
21	U17	Millie Daniels	Basildon AC	25: 12	
22	U17	Becci Leddy	Orion Harriers	32	
23	U20	Jordan Hinds	Ilford AC	26: 12	
24	U17	Amelia Loveridge	Harlow AC	26: 35	
25	U17	Jessica James	Havering AC	28: 33	
26	U17	Angelica Thomson	Havering AC	30: 32	

Teams		
1	Basildon AC	32
2	Cambridge & Coleridge AC	40
3	Orion Harriers	48 (3)
4	Southend-on-Sea AC	49 (3)
5	Havering AC	55 (3)
6	Thurrock Harriers	20 (2)
7	Chelmsford AC	26 (2)
8	Colchester & Tendring AC	5 (1)
9	Benfleet Running Club	8 (1)
10	Ilford AC	23 (1)
11	Harlow AC	24 (1)

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Essex Cross Country League (3)

<u>Horseheath</u>		<u>U17 Men</u>	<u>15/12/2018</u>	
Pos	Name	Team	Time	
1	Leon Wheeler	Thurrock Harriers	21: 35	
2	Zack Bridgeland	Chelmsford AC	22: 08	
3	Danny Millward	Colchester Harriers AC	10	
4	Sam Wheatley	Southend-on-Sea AC	13	
5	Olly Lill	Basildon AC	33	
6	Thomas Palmer	Colchester Harriers AC	38	
7	Jamie Rashbrook	Basildon AC	46	
8	Matt Warner	Southend-on-Sea AC	59	
9	Finnley Lowe	Thurrock Harriers	23: 20	
10	Innes Fullerton	Braintree & District AC	21	
11	Ethan Seal	Cambridge & Coleridge AC	21	
12	Luke Chester	Havering AC	50	
13	Ben Prior	Thurrock Harriers	24: 07	
14	George Hill	Basildon AC	14	
15	Bradley Deacon	Ilford AC	27	
16	Ethan Reilly	Chelmsford AC	34	
17	Aaron Davis	Chelmsford AC	54	
18	Daniel McGill	Basildon AC	25: 23	
19	Mason Hambleton	Thurrock Harriers	42	
20	Mark Beale	Chelmsford AC	48	
21	Henri Willett	Thurrock Harriers	52	
22	Louis Berrett	Havering AC	26: 08	
23	Scott Thomas	Chelmsford AC	26	
24	James Chalklen	Braintree & District AC	32	
25	James Wright	Basildon AC	45	
26	Elijah Brown	Southend-on-Sea AC	27: 15	
27	Haydn Hawkins	Braintree & District AC	28: 40	

Teams			
1	Thurrock Harriers	42	
2	Basildon AC	44	
3	Chelmsford AC	55	
4	Southend-on-Sea AC	38	(3)
5	Braintree & District AC	61	(3)
6	Colchester Harriers AC	9	(2)
7	Havering AC	34	(2)
8	Cambridge & Coleridge AC	11	(1)
9	Ilford AC	15	(1)

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		<u>Horseheath</u>	<u>Senior Women</u>	<u>15/12/2018</u>		
Pos	Age	Name	Team	Time	Division 1 Teams (4 to score)	
1	SW	Lauren Deadman	Havering AC	23: 42	1 Havering AC	24
2	U20	Jessica Mitchell	Havering AC	24: 11	2 Chelmsford AC	67
3	SW	Fiona Hughes	Cambridge & Coleridge AC	: 58	3 Colchester Harriers AC	79
4	SW	Victoria Hiscock	Benfleet Running Club	25: 02	4 Southend-on-Sea AC	92
5	SW	Charlotte Bishop	Basildon AC	: 03	5 Orion Harriers	102
6	V35	Rebecca Luxton	Chelmsford AC	: 11	6 Benfleet Running Club	195
7	SW	Kirsty Tydeman	Basildon AC	: 26	7 Brentwood Running Club	210
8	SW	Ginte Bailey	Havering AC	: 34	8 Ilford AC	217
9	SW	Sarah Worley	Billericay Striders RC	: 57	9 Basildon AC	39 (3)
10	SW	Hope Bretscher	Cambridge & Coleridge AC	26: 12	10 Springfield Striders RC	147 (2)
11	V40	Aiko Hennington	Colchester Harriers AC	: 17	11 Grange Farm & Dunmow Runr	165 (2)
12	SW	Hayley Lamkin	Southend-on-Sea AC	: 34	Division 2 Teams (4 to score)	
13	V45	Debbie Appleton	Havering AC	: 41	1 Cambridge & Coleridge AC	56
14	SW	Rachel Broome	Chelmsford AC	: 43	2 Thurrock Harriers	135
15	V45	Denise Morley	Colchester Harriers AC	: 48	3 Billericay Striders RC	170
16	SW	Robyn Matson	Havering AC	: 56	4 Halstead RR	203
17	SW	Chloe Haines	Cambridge & Coleridge AC	27: 08	5 JBR Run and Tri	234
18	V35	Louise Juby	Orion Harriers	: 19	6 Phoenix Striders	363
19	SW	Rebecca Cooke	Colchester Harriers AC	: 27	7 Pitsea Running Club	273 (3)
20	SW	Sarah Pennington	Southend-on-Sea AC	: 32	8 Braintree & District AC	166 (2)
21	V45	Toni Radley	Thurrock Harriers	: 34	9 Mid Essex Casuals	75 (1)
22	SW	Megan Williams	Chelmsford AC	: 35	Veterans Teams (3 to score)	
23	SW	Holly Gillard	Southend-on-Sea AC	: 36	1 Colchester Harriers AC	60
24	V40	Hayley Rogerson	Orion Harriers	: 41	2 Orion Harriers	70
25	V45	Wendy King	Chelmsford AC	: 54	3 Cambridge & Coleridge AC	87
26	V50	Stefanie Godfrey	Cambridge & Coleridge AC	: 56	4 Thurrock Harriers	92
27	V35	Louie Douglass	Basildon AC	28: 21	5 Havering AC	118
28	V45	Alison Trauttmandorff-Wein	Orion Harriers	: 39	6 Southend-on-Sea AC	132
29	V35	Rachael Roughan	Halstead RR	29: 09	7 Halstead RR	143
30	V35	Vashti MacDonald-Clink	Cambridge & Coleridge AC	: 13	8 Billericay Striders RC	161
31	V50	Karen Cameron	Cambridge & Coleridge AC	: 18	9 Brentwood Running Club	166
32	V40	Lorraine Gosling	Orion Harriers	: 20	10 Ilford AC	187
33	SW	Clare Davies	Havering AC	: 22	11 Benfleet Running Club	191
34	V45	Annette Oakman	Colchester Harriers AC	: 30	12 Phoenix Striders	267
35	V40	Victoria Peacock	Thurrock Harriers	: 35	13 Pitsea Running Club	273
36	V50	Jodie Farrell	Thurrock Harriers	: 43	14 Chelmsford AC	31 (2)
37	V45	Natasha Lagden	Southend-on-Sea AC	: 53	15 JBR Run and Tri	138 (2)
38	SW	Carlie Qirem	Ilford AC	30: 06	16 Springfield Striders RC	147 (2)
39	V45	Joanne Sullivan	Havering AC	: 10	17 Braintree & District AC	166 (2)
40	V35	Jennie Page	JBR Run and Tri	: 13	18 Basildon AC	27 (1)
41	SW	Hayley Pegg	Chelmsford AC	: 19	19 Mid Essex Casuals	75 (1)
42	V50	Pippa Dowswell	Orion Harriers	: 24	20 Grange Farm & Dunmow Runr	87 (1)
43	V40	Kathryn Sp[ring	Thurrock Harriers	: 27		
44	SW	Charlotte Olson	Brentwood Running Club	31: 12		
45	V55	Breege Nordin	Ilford AC	: 19		

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Pos	Age	Name	Team	Time
46	V40	Gillian Bridger	Cambridge & Coleridge AC	: 22
47	V45	Rebecca Taylor	Southend-on-Sea AC	: 26
48	V50	Vanessa Mathers	Southend-on-Sea AC	: 33
49	SW	Natasha Pinborough	JBR Run and Tri	: 35
50	V55	Chjristine Deacon	Billericay Striders RC	: 41
51	V40	Liane Connors	Benfleet Running Club	: 44
52	V45	Dianne Fairchild	Brentwood Running Club	: 50
53	SW	Rosie Marshall	Orion Harriers	: 52
54	V35	Sarah Lengthorn	Billericay Striders RC	: 55
55	V40	Lisa James	Brentwood Running Club	32: 18
56	V45	Caroliena Cameron	Halstead RR	: 32
57	V35	Ruth Havis	Billericay Striders RC	: 34
58	V35	Anna Bambridge	Halstead RR	: 37
59	V45	Madeleine Knight	Brentwood Running Club	: 43
60	V35	Kelly Judge	Halstead RR	: 45
61	V50	Wendy Carter	Halstead RR	: 47
62	SW	Susanne Birkett	Brentwood Running Club	: 52
63	V55	Nicola Hopkinson	Ilford AC	: 55
64	V50	Sandi Robinson-Miller	Halstead RR	33: 02
65	SW	Sasha Tourbassora	JBR Run and Tri	: 15
66	V55	Lesley Gaghan	Havering AC	: 17
67	V50	Tracy O'Neill	Havering AC	: 39
68	V45	Nikki Leigh	Benfleet Running Club	: 56
69	V35	Lynsey Hawkins	Braintree & District AC	34: 02
70	V65	Lynn Tanner	Springfield Striders RC	: 07
71	SW	Anna Crawley	Ilford AC	: 11
72	v45	Ann Reed	Benfleet Running Club	: 16
73	V40	Trica Holmes	Southend-on-Sea AC	: 25
74	V55	Mandy Cooper	Benfleet Running Club	: 26
75	V50	Lorna Pettifer	Mid Essex Casuals	: 46
76	V45	Joanne Ling	Billericay Striders RC	35: 00
77	V55	Elaine Tribley	Springfield Striders RC	: 16
78	SW	Victoria Gardiner	Grange Farm & Dunmow Runr	: 56
79	V55	Sharon Honey	Ilford AC	36: 12
80	SW	Hannah Bardell	JBR Run and Tri	: 36
81	V35	Kristina Read	Phoenix Striders	: 44
82	V50	Annette Johnson	Benfleet Running Club	: 54
83	SW	Lisa Hyd	JBR Run and Tri	: 56
84	V55	Joanne Day	Brentwood Running Club	37: 24
85	V45	Nicole Smith	Halstead RR	: 34
86	V50	Caroline Wallis	Pitsea Running Club	: 48
87	V35	Jenny Suckling	Grange Farm & Dunmow Runr	: 48
88	SW	Alexandra Edwards	Havering AC	: 49
89	V55	Julia Galea	Ilford AC	: 55
90	V50	Jane Hallam	Havering AC	38: 36

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Pos	Age	Name	Team	Time
91	V45	Heather Impey	Phoenix Striders	: 47
92	SW	Lauren Hutley	Halstead RR	39: 17
93	V60	Gillian Harrison	Pitsea Running Club	42: 24
94	V65	Valerie Sinclair	Pitsea Running Club	: 36
95	V65	Sue Vine	Phoenix Striders	46: 46
96	V50	Michelle Holman	Phoenix Striders	48: 10
97	V40	Lynne Culham	Braintree & District AC	:
98	V50	Debi Loveland	JBR Run and Tri	:

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Essex Cross Country League (3)

<u>Horseheath</u>			<u>Senior Men</u>	<u>15/12/2018</u>	
Pos	Age	Name	Team	Time	Division 1 Teams (6 to score)
1	U20	Ben Davis	Havering AC	27: 41	1 Havering AC 65
2	SM	Grant Twist	Havering AC	: 57	2 Southend-on-Sea AC 124
3	U20	Thomas Keen	Cambridge & Coleridge AC	28: 15	3 Orion Harriers 172
4	U20	Lewis Harknett	Orion Harriers	: 16	4 Colchester Harriers AC 214
5	SM	Ramadan Osman	Colchester Harriers AC	: 39	5 Thurrock Harriers 232
6	SM	Alec Finch	Thurrock Harriers	: 41	6 Grange Farm & Dunmow Runners 405
7	SM	Mike Gilbert	Cambridge & Coleridge AC	: 46	7 Springfield Striders RC 450
8	U20	Rob Huckle	Cambridge & Coleridge AC	: 54	8 Billericay Striders RC 528
9	SM	Rob Warner	Havering AC	29: 01	9 Benfleet Running Club 582
10	U20	George Day	Orion Harriers	: 31	10 Ilford AC 684
11	U20	Sarab Dhillon	Thurrock Harriers	: 32	11 Chelmsford AC 464 (5)
12	V40	Crispian Bloomfield	Billericay Striders RC	: 37	12 Brentwood Running Club 248 (2)
13	U20	Sam Atkins	Havering AC	: 42	
14	SM	Paul Grange	Havering AC	: 49	Division 2 Teams (6 score)
15	SM	Rhys Gillard	Southend-on-Sea AC	: 51	1 Cambridge & Coleridge AC 105
16	U20	Owen Thomas	Chelmsford AC	30: 04	2 Halstead RR 655
17	V40	Lee Taylor	Southend-on-Sea AC	: 09	3 Phoenix Striders 823
18	SM	Joe Ray	Southend-on-Sea AC	: 10	4 Tiptree Road Runners 536 (5)
19	V40	Christian Holmes	Southend-on-Sea AC	: 12	5 JBR Run and Tri 819 (5)
20	SM	Kurtis Swan	Braintree & District AC	: 24	6 Braintree & District AC 104 (3)
21	SM	Chris Molloy	Cambridge & Coleridge AC	: 28	7 Mid Essex Casuals 438 (3)
22	U20	Freddy Richardson	Colchester & Tendring AC	: 30	8 Basildon AC 148 (2)
23	U20	Sam Norris	Southend-on-Sea AC	: 33	9 Pitsea Running Club 343 (2)
24	U20	Taylor Newell	Thurrock Harriers	: 35	10 Colchester & Tendring AC 22 (1)
25	SM	Nathan Filer	Colchester Harriers AC	: 38	11 Witham Running Club 60 (1)
26	U20	James Stewart	Havering AC	: 40	12 Hockley Trail Runners 165 (1)
27	SM	James Boshier	Grange Farm & Dunmow Runners	: 43	
28	U20	Isaac Brown	Basildon AC	: 46	Veteran Team Result (4 to score)
29	SM	Rob Mahem	Cambridge & Coleridge AC	: 54	1 Orion Harriers 196
30	SM	Alfie Waithaka	Havering AC	31: 16	2 Havering AC 198
31	SM	James Smith	Halstead RR	: 29	3 Colchester Harriers AC 233
32	SM	Pat Walsh	Southend-on-Sea AC	: 25	4 Cambridge & Coleridge AC 244
33	SM	Nick Harris-Fry	Orion Harriers	: 33	5 Springfield Striders RC 264
34	V40	Gavin Maley	Havering AC	: 37	6 Billericay Striders RC 286
35	V50	Alan Smalls	Colchester Harriers AC	: 41	7 Southend-on-Sea AC 290
36	SM	Wesley Atkins	Halstead RR	: 43	8 Benfleet Running Club 353
37	SM	Graham Anderson	Cambridge & Coleridge AC	: 45	9 Thurrock Harriers 375
38	V45	Barnaby Foot	Orion Harriers	: 46	10 Chelmsford AC 448
39	V50	Colin Read	Orion Harriers	: 49	11 Ilford AC 495
40	V40	Paul Miles	Springfield Striders RC	: 51	12 Phoenix Striders 517
41	SM	Greg Tye	Braintree & District AC	: 51	13 Halstead RR 588
42	SM	Daniel Reynolds	Grange Farm & Dunmow Runners	: 52	14 JBR Run and Tri 645
43	U20	Conor Culham	Braintree & District AC	: 54	15 Grange Farm & Dunmow Runners 346 (3)
44	SM	John Whitehead	Havering AC	: 55	16 Tiptree Road Runners 390 (3)
45	SM	Tom Cresswell	Colchester Harriers AC	: 58	17 Brentwood Running Club 248 (2)
46	V50	Craig Dyce	Cambridge & Coleridge AC	32: 00	18 Mid Essex Casuals 311 (2)
47	V40	Barry Smith	Havering AC	: 01	19 Pitsea Running Club 343 (2)
48	V40	Bob Glasgow	Orion Harriers	: 04	20 Basildon AC 120 (1)
49	SM	Gavin Scanlon	Colchester Harriers AC	: 05	21 Hockley Trail Runners 165 (1)
50	V40	Martin Chester	Havering AC	: 07	
51	SM	Freddy Keefe	Havering AC	: 08	
52	V45	Toby Draper	Thurrock Harriers	: 12	
53	SM	Robbie Cooman	Havering AC	: 18	
54	U20	Oliver Randall	Southend-on-Sea AC	: 22	
55	V40	Doug McGillivray	Colchester Harriers AC	: 32	

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Pos	Age	Name	Team	Time
56	SM	Robert Doyle	Thurrock Harriers	: 37
57	V45	Andrew Low	Benfleet Running Club	: 38
58	SM	Michael Smith	Colchester Harriers AC	: 40
59	V40	Anthony Goodall	Springfield Striders RC	: 42
60	SM	Scott Darney	Witham Running Club	: 44
61	SM	Tom Beasley	Orion Harriers	: 46
62	V45	Michael Buchallet	Cambridge & Coleridge AC	: 52
63	V45	Graham Freeman	Grange Farm & Dunmow Runners	: 58
64	V45	Paul Rodgers	Colchester Harriers AC	33: 07
65	SM	Aaron Graves	Tiptree Road Runners	: 13
66	V55	Daniel Aguilar	Cambridge & Coleridge AC	: 21
67	V50	Matt Bland	Havering AC	: 22
68	U20	Kieran O'Hara	Havering AC	: 24
69	SM	Tom Walsh	Southend-on-Sea AC	: 24
70	V40	Grant Stewart	Cambridge & Coleridge AC	: 29
71	V45	Tim Wright	Orion Harriers	: 32
72	SM	Will Read-Wright	Orion Harriers	: 34
73	V50	Paul Broome	Springfield Striders RC	: 35
74	V45	Peter Waite	Chelmsford AC	: 37
75	SM	David Wilson	Orion Harriers	: 38
76	V55	Tony Pecoraro	Havering AC	: 42
77	V50	Andy Conway	Tiptree Road Runners	: 46
78	SM	Gary Robinson	Springfield Striders RC	: 50
79	V50	Peter West	Colchester Harriers AC	: 51
80	V60	Michael Bridgeland	Chelmsford AC	: 56
81	SM	William Radley	Tiptree Road Runners	34: 07
82	SM	John Crawley	Ilford AC	: 13
83	V40	Keith Willett	Thurrock Harriers	: 16
84	V50	John Ferguson	Cambridge & Coleridge AC	: 20
85	V45	Antony Moore	Billericay Striders RC	: 22
86	SM	Declan Evans	Grange Farm & Dunmow Runners	: 24
87	V65	David Butler	Billericay Striders RC	: 26
88	V45	Dan Gritton	Guest	: 29
89	V45	Graham Booty	Benfleet Running Club	: 31
90	V45	Steve Walker	Havering AC	: 38
91	SM	Lee Pickering	Grange Farm & Dunmow Runners	: 51
92	V55	Paul Jeggo	Springfield Striders RC	35: 07
93	V40	Tim Ballard	Colchester Harriers AC	: 12
94	V50	Gary Atkins	Havering AC	: 21
95	V40	Daniel Holeyman	Ilford AC	: 25
96	U20	Connor Johnson	Grange Farm & Dunmow Runners	: 27
97	V40	Diarmuid MacDonnell	Ilford AC	: 28
98	V50	Alan Clark	Benfleet Running Club	: 37
99	SM	Alexander Rogers	Cambridge & Coleridge AC	: 48
100	V45	Matt Randall	Southend-on-Sea AC	: 50
101	V55	Phil Olson	Brentwood Running Club	: 53
102	V50	Lloyd Miles	Billericay Striders RC	: 56
103	V45	Roy Perrott	Orion Harriers	: 59
104	SM	Richard Rowe	Havering AC	36: 17
105	V45	Dan Wheeler	Cambridge & Coleridge AC	: 18
106	SM	Jason Crispin	Havering AC	: 22
107	SM	Philip David	Ilford AC	: 24
108	V45	John Byford	Springfield Striders RC	: 29
109	V40	Roy Harwood	Benfleet Running Club	: 32
110	SM	Michael Monkton	Southend-on-Sea AC	: 36

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Pos	Age	Name	Team	Time
111	V60	Bob Langley	Halstead RR	: 39
112	V60	Andrew Morris	Phoenix Striders	: 46
113	V45	Ian Pike	Benfleet Running Club	: 49
114	V40	Steven Ball	Thurrock Harriers	: 50
115	V45	James Waterson	Colchester Harriers AC	: 52
116	V55	Nick Rankin	Benfleet Running Club	37: 00
117	V50	Alan Fullerton	Grange Farm & Dunmow Runners	: 02
118	V50	Paul Berrett	Havering AC	: 12
119	V40	Matt Stenning	Billericay Striders RC	: 15
120	V50	David Findlay	Basildon AC	: 16
121	SM	Martin Reynolds	Orion Harriers	: 30
122	SM	Luca Preddbon	Grange Farm & Dunmow Runners	: 36
123	SM	Barry Weldon	Billericay Striders RC	: 46
124	V55	Doug Stephens	Benfleet Running Club	: 50
125	V40	Dave Weldon	Springfield Striders RC	: 58
126	V55	Christopher Applegate	Thurrock Harriers	38: 07
127	SM	Ben Leeds	Mid Essex Casuals	: 09
128	V50	Rob Moore	Orion Harriers	: 10
129	V60	Charlie Ritchie	Cambridge & Coleridge AC	: 11
130	V55	Trevor Horncastle	Phoenix Striders	: 13
131	V50	Simon Morgan	Colchester Harriers AC	: 17
132	V40	Ben Fisher	Orion Harriers	: 25
133	V55	Stephen Foggo	Billericay Striders RC	: 27
134	V50	Lee Hazelwood	Phoenix Striders	: 32
135	V60	Donald English	Halstead RR	: 32
136	V55	Paul Stockings	Guest	: 33
137	V55	Dave Brock	Orion Harriers	: 34
138	V50	Steve Covey	Mid Essex Casuals	: 39
139	SM	Ben Chamberlain	Cambridge & Coleridge AC	39: 13
140	V40	Gary Rowlett	Thurrock Harriers	: 26
141	V50	Neil Clark	Phoenix Striders	: 31
142	V50	Colin White	Billericay Striders RC	: 37
143	V50	Peter Tullett	Chelmsford AC	: 44
144	V40	Alasdair Dawson	Billericay Striders RC	: 49
145	V45	Mark Lawes	Tiptree Road Runners	: 56
146	V55	Alan Pearl	Ilford AC	40: 02
147	V50	James Macnish-Porter	Brentwood Running Club	: 07
148	V60	Tim Brockington	Springfield Striders RC	: 12
149	V55	Grant Corton	Orion Harriers	: 17
150	V50	Martin Orford	Phoenix Striders	: 24
151	V55	Kevin Kirby	Chelmsford AC	: 28
152	V50	Dave Hallett	JBR Run and Tri	: 34
153	V40	Tony Collins	Havering AC	: 45
154	V70	Peter Binns	Southend-on-Sea AC	41: 22
155	V60	Bill Bennett	Orion Harriers	: 42
156	V50	Colin Wilkinson	Phoenix Striders	: 47
157	V45	Trevor Robinson	Ilford AC	: 55
158	V50	Matt Gillard	Southend-on-Sea AC	42: 01
159	SM	Robert Hempstead	Billericay Striders RC	: 04
160	V45	Ian Glover	Southend-on-Sea AC	: 08
161	V50	Phil Young	JBR Run and Tri	: 17
162	V50	Stephen Cheal	Ilford AC	: 31
163	V50	Clive Bailey	JBR Run and Tri	: 37
164	V60	Donald Sinclair	Pitsea Running Club	43: 03
165	V50	Adrian Mathers	Hockley Trail Runners	: 18

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Pos	Age	Name	Team	Time
166	V60	Simon King	Grange Farm & Dunmow Runners	: 56
167	V50	Dave Girt	Southend-on-Sea AC	44: 15
168	V60	Edward Skinner	Tiptree Road Runners	45: 10
169	V45	Jon Brown	JBR Run and Tri	: 23
170	V60	Andy Carter	Halstead RR	: 51
171	V50	Henry Ricketts	Ilford AC	46: 10
172	V45	Darren Powell	Halstead RR	: 24
173	V60	Brian Butcher	Mid Essex Casuals	47: 01
174	V60	Graham Bardell	JBR Run and Tri	48: 02
175	SM	William Holman	Phoenix Striders	: 30
176	V60	Peter Eates	Phoenix Striders	49: 15
177	V55	Ray Sparra Everingham	Ilford AC	54: 12
178	V55	David Mills	Phoenix Striders	56: 44
179	V60	Peter McLaughlin	Pitsea Running Club	59: 32
180	V70	James Huddart	Ilford AC	64: 32

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