

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U13 G	Eleanor Macintosh	Cambridge & C	4	1	U13 B	Thomas Keen	Cambridge & C	5
2	U13 G	Kate O'Neill	Havering M	5	2	U13 B	Lewis Harknett	Harlow	10
3	U13 G	Katie Mitchell	Havering M	11	3	U13 B	Joesph Clark	Orion H	13
4	U13 G	Courtney Gordon	Braintree	15	4	U13 B	Max Fewster	Chelmsford	14
5	U13 G	Joanna Rimmington	Southend	16	5	U13 B	Reece Scott	Thurrock H	19
6	U13 G	Helena Dyce	Cambridge & C	17	6	U13 B	Zack Bridgeland	Chelmsford	26
7	U13 G	Molly Bath	Havering M	18	7	U13 B	Jack Exley	Thurrock H	30
8	U13 G	Hayley Instance	Thurrock	26	8	U13 B	Craig Wheeler	Southend	31
9	U13 G	Kiera Hornsby	Braintree	29	9	U13 B	Harry Parker	Thurrock H	35
10	U13 G	Megan Samuels	Southend	30	10	U13 B	David Dow	Cambridge & C	35
11	U13 G	Abigale Kerr	Discovery Tri	31	11	U13 B	Mitchell Lawrence	Southend	35
12	U13 G	Charlotte Brooks	East Essex Tri	36	12	U13 B	James Wood	Orion H	36
13	U13 G	Aoibheann Pearce	Orion H	37	13	U13 B	Sam Rawlinson	Chelmsford	38
14	U13 G	Rebecca Brown	Havering M	38	14	U13 B	Jack Rice	Havering M	39
15	U13 G	Sophie Rand	Havering M	38	15	U13 B	Oliver Newman	Cambridge & C	39
16	U13 G	Jessica Mitchell	Havering M	41	16	U13 B	Jamie Sales	Cambridge & C	42
17	U13 G	Emily Sharpe	Orion H	50	17	U13 B	Owen Harknett	Harlow	45
18	U13 G	Catherine Barker	Havering M	65	18	U13 B	Luke Gill	East Essex Tri	51
19	U13 G	Sophie Ealey	Cambridge & C	69	19	U13 B	Sam Atkins	Havering M	63
20	U13 G	Yasmin Robinson	Benfleet	76	20	U13 B	Adam Wright	Benfleet	67
21	U13 G	Ava King	Southend	78	21	U13 B	Kieron Davies	Havering M	71
22	U13 G	Genevieve Pate	Benfleet	91	22	U13 B	Taylor Newell	Thurrock H	71
23	U13 G	Emily Kidd	Basildon	93	23	U13 B	Joesph Hudson	Southend	73
24	U13 G	Heather Peters	Thurrock	96	24	U13 B	Oliver Woods	Havering M	74
25	U13 G	Caitlin Fowler	East Essex Tri	99	25	U13 B	Oliver Randall	Southend	80
26	U13 G	Ella King	Havering M	103	26	U13 B	George Whisken	Cambridge & C	81
27	U13 G	Jessica James	Havering M	110	27	U13 B	James Wright	Basildon	81
28	U13 G	Lucy Priestley	Havering M	110	28	U13 B	Matthew Pointer	Basildon	82
29	U13 G	Frances Hay	Chelmsford	119	29	U13 B	George Hay	Chelmsford	87
30	U13 G	Chloe Morter	Havering M	119	30	U13 B	Matthew Houchell	Basildon	105
31	U13 G	Ashleigh Rowland	Harlow	130	31	U13 B	Aaron Stone	Discovery Tri	106
32	U13 G	Lauren Ager	Basildon	131	32	U13 B	William Jones	Orion H	115
33	U13 G	Chloe West	Southend	142	33	U13 B	Sam Wheatley	Southend	115
					34	U13 B	Nathan Thornton	Southend	116
					35	U13 B	Sam Tremelling	Discovery Tri	123
					36	U13 B	Saul Ashon	Orion H	129
					37	U13 B	Sam Allum	Orion H	131
					38	U13 B	James Coleman	Orion H	134
					39	U13 B	Clayton Thomas	East Essex Tri	136
					40	U13 B	Sam Shrimpton	Havering M	141
					41	U13 B	Luke Eve	Braintree	152
					42	U13 B	Daniel Mayes	East Essex Tri	167

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U15 G	Khahisa Mhlanga	Chelmsford	3	1	U15 B	Rob Huckle	Cambridge & C	3
2	U15 G	Jodie Judd	Chelmsford	6	2	U15 B	Joseph Patterson	Colchester & T	5
3	U15 G	Alice Newcombe	Cambridge & C	9	3	U15 B	Jordan Wood	Cambridge & C	9
4	U15 G	Rachel Broome	Chelmsford	11	4	U15 B	Ashley Brown	Cambridge & C	12
5	U15 G	Sinead Clark	Benfleet	15	5	U15 B	Max Jones	Basildon	15
6	U15 G	Jemima Walker	Basildon	20	6	U15 B	Mason Webb	Basildon	19
7	U15 G	Niamh Smith	Basildon	21	7	U15 B	Ben Haynes	Basildon	20
8	U15 G	Belinda Dow	Cambridge & C	23	8	U15 B	Daniel Richards	Orion H	20
9	U15 G	Natasha May	Southend	23	9	U15 B	Luke Crisp	Cambridge & C	29
10	U15 G	Lydia Callan	Colchester & T	31	10	U15 B	Max Williams	Colchester & T	29
11	U15 G	Emily Marshall	Havering M	34	11	U15 B	Harrison Smith	East Essex Tri	30
12	U15 G	Gemma Archer-Haley	Basildon	35	12	U15 B	Harry Sloman	Orion H	30
13	U15 G	Kate Etheridge	Chelmsford	37	13	U15 B	Brandon Thorpe	Basildon	30
14	U15 G	Georgina Sturgeon	Colchester & T	43	14	U15 B	George Day	Orion H	38
15	U15 G	Brooke Mensah	Thurrock H	45	15	U15 B	Toby Wright	Southend	40
16	U15 G	Charlotte Skeggs	Basildon	46	16	U15 B	Gus Withers	Basildon	42
17	U15 G	Emily Warren	Benfleet	52	17	U15 B	Ben Miller	Colchester & T	50
18	U15 G	Nancy Callagher	Orion H	55	18	U15 B	Adam Harley	East Essex Tri	51
19	U15 G	Mary-Ann Deasy	Colchester & T	55	19	U15 B	Joe Kidd	Basildon	62
20	U15 G	Jess Ward	Havering M	57	20	U15 B	Joshua Iton	Orion H	62
21	U15 G	Megan Richardson	Basildon	61	21	U15 B	Will Slaughter	Thurrock H	63
22	U15 G	Iona Doyle	Southend	64	22	U15 B	Oscar Dawson	Colchester H	67
23	U15 G	Phoebe Jefferey	Chelmsford	65	23	U15 B	Lewis Debenham	Havering M	68
24	U15 G	Eleanor Pepper	Southend	77	24	U15 B	Jake Offiler	Orion H	78
25	U15 G	Katie Inch	Orion H	84	25	U15 B	Oliver Bath	Havering M	80
26	U15 G	Briony Findlay	Basildon	87	26	U15 B	Connor Culham	Braintree	81
27	U15 G	Emily James	Havering M	87	27	U15 B	Zak Churn	Benfleet	86
28	U15 G	Olivia Elliott	Chelmsford	88	28	U15 B	Oliver Morter	Havering M	86
29	U15 G	Natasha Walter	Southend	93	29	U15 B	Evan Chess	Colchester & T	87
30	U15 G	Grace MacLeod	Havering M	94	30	U15 B	Cameron Kerr	Discovery Tri	88
31	U15 G	Elise Coombs	Basildon	116	31	U15 B	Daniel Harley	East Essex Tri	90
32	U15 G	Holly Eaton	Chelmsford	124	32	U15 B	Michael Hodges	Southend	101
					33	U15 B	Alex Smith	Chelmsford	102
					34	U15 B	Alex Lione	Cambridge & C	110
					35	U15 B	Drew Olley	Colchester H	116
					36	U15 B	James Stewart	Havering M	119
					37	U15 B	Ben Brooks	East Essex Tri	123
					38	U15 B	George Goodspeed	Basildon	128

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U17	Gemma Holloway	Thurrock H	3	1	U17 M	Timothy Cobden	Cambridge & C	6
2	U17	Claire Wilson	Cambridge & C	6	2	U17 M	Laurence Willmore	Basildon	11
3	U17	Lydia Hallam	Havering M	13	3	U17 M	Adam Houchell	Basildon	12
4	U17	Katie Solis	Chelmsford	13	4	U17 M	George Elliott	Chelmsford	12
5	U17	Sarah Wilson	Havering M	17	5	U17 M	Adam Jordan	Southend	17
6	U20	Kaylee Dodd	Basildon	21	6	U17 M	Christian Grey	Basildon	18
7	U20	Emily Bullis	Basildon	23	7	U17 M	William Deasy	Colchester & T	24
8	U20	Hayley Lamkin	Southend	25	8	U17 M	Harry Topham	Cambridge & C	25
9	U17	Megan Williams	Chelmsford	30	9	U17 M	James Nadin	Chelmsford	33
10	U17	Isobel Ives	Basildon	31	10	U17 M	Oliver Swallow	Chelmsford	36
11	U20	Emma Houchell	Basildon	38	11	U17 M	Abdul Mohamed	Havering M	37
12	U20	Isabella Woods	Havering M	41	12	U17 M	Eddy Cooper	Benfleet	37
13	U20	Sarah Imbush	Southend	45	13	U17 M	Joe Ray	Southend	38
14	U20	Molly Huggins	Colchester H	47	14	U17 M	Ben Pattison	Orion H	38
15	U17	Lucy Kidwell	Southend	49	15	U17 M	Adam Foster	Benfleet	42
16	U20	Jessica Swain	Chelmsford	50	16	U17 M	Robin O`Connor	Chelmsford	48
17	U17	Joy Huggins	Colchester H	61	17	U17 M	Matthew Braybrook	Havering M	51
18	U17	Chaima Allali	Thurrock H	63	18	U17 M	Ryan Creasey	Benfleet	52
19	U17	Laura Kidd	Basildon	68	19	U17 M	James Hiscock	Benfleet	54
20	U17	Madeleine Carr	Orion H	69	20	U17 M	Gary Cahill	Thurrock H	57
21	U17	Abbi-May Walters	Benfleet	78	21	U17 M	Haider Razzaq	Orion H	64
22	U17	Megan Clark	East Essex Tri	83	22	U17 M	Kieran Feltham	Benfleet	64
23	U17	Hannah Kane	East Essex Tri	87	23	U17 M	Henry Snell	Southend	69
24	U17	Joelle Ewen	Orion H	92	24	U17 M	Curtis Wood	Cambridge & C	74
25	U20	Zoe Easdon	Basildon	96	25	U17 M	Euan Harlow	Havering M	79
26	U20	Lindsey Wiggins	Havering M	97	26	U17 M	Michael Feltham	Benfleet	81
					27	U17 M	Steve Davies	Basildon	85
					28	U17 M	Donald Campbell	Harlow	87
					29	U17 M	Thomas Young	Orion H	90
					30	U17 M	Bradley West	Havering M	91
					31	U17 M	Michael Williams	Benfleet	96
					32	U17 M	Joe Payne	Basildon	102

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	V45	Margaret Deasey	Colchester & T	8	1	SM	David Fewell	Chelmsford	6
2	SW	Claire Thurgood	Orion H	15	2	SM	David Gibbon	Southend	8
3	SW	Claire Somerton	Cambridge & C	21	3	SM	Rob Warner	Havering M	16
4	SW	Vicky Smith	Havering M	22	4	JM	Ross Tennant	Ipswich H	21
5	SW	Dominique Ballard	Benfleet	30	5	JM	Bradley Wattleworth	Ipswich H	26
6	SW	Laura Shoebridge	Colchester H	31	6	SM	Chris Sellens	Colchester H	27
7	SW	Rebecca Rowley	Chelmsford	32	7	U20	Tom Richardson	Basildon	31
8	V35	Denise Morley	Colchester H	32	8	SM	Grant Webb	Basildon	33
9	SW	Carys Sutton	Chelmsford	36	9	U20	Rhys Gillard	Southend	37
10	SW	Karen Whitmarsh	Basildon	40	10	SM	Mark Woodley	Chelmsford	39
11	SW	Natalie Griffiths	Cambridge & C	42	11	SM	Tom Cammack	Springfield S	41
12	V35	Wendy King	Chelmsford	45	12	SM	Brian Jenkins	Orion H	45
13	SW	Kirsty Tydeman	Basildon	46	13	SM	Lee Pickering	Chelmsford	48
14	V35	Amanda Henry	Colchester H	58	14	SM	Patrick Walsh	Southend	58
15	SW	Carrie Bedingfield	Cambridge & C	65	15	SM	Oliver Park	Cambridge & C	61
16	V35	Jacqui Watson	Benfleet	67	16	SM	Alex Houghton	Thurrock H	67
17	SW	Louise Douglas	Basildon	79	17	V40	Allen Smalls	Colchester H	67
18	SW	Andrea James	Colchester H	84	18	U20	Darren Blackwell	Chelmsford	69
19	SW	Emily Ballard	Basildon	84	19	U20	Ashley Capel	Southend	72
20	V35	Jo Sullivan	Havering M	85	20	SM	Ian Anthony	Havering M	79
20	V35	Anne Jenkinson	Southend	85	21	SM	David Allworthy	Colchester H	89
22	V35	Hayley Rogerson	Orion H	94	22	SM	Sebastian Cirillo	Basildon	94
23	V35	Natasha Lagden	Southend	94	23	V40	Matt Bland	Havering M	102
24	V45	Christine Inch	Orion H	100	24	V40	Craig Dyce	Cambridge & C	103
25	SW	Ella Neale	Colchester H	105	25	SM	Ian Clark	Orion H	104
26	V55	Bree Nordin	Ilford	110	26	V40	Scott Rice	Thurrock H	109
27	V35	Vic Curen	Springfield S	112	27	V50	Colin Ridley	Colchester H	109
28	V45	Mel Jones	Ilford	118	28	SM	Lee Taylor	Southend	123
29	V45	Dianne Crisp	Ilford	122	29	SM	Peter Smale	Southend	128
30	V45	Lorna Gaffney	Loughton	123	30	U20	Steve Hancock	Southend	133
31	V35	Samantha Tuck	Thurrock H	127	31	SM	Tim Ballard	Colchester H	134
32	SW	Jenny Sheehan	Ilford	131	32	SM	Richard Park	Cambridge & C	136
33	V35	Lorraine Gosling	Orion H	132	33	U20	James Thompson	Colchester & T	137
34	V45	Lindsey Rolerkite	Braintree	136	34	V40	Neil Swift	Orion H	143
35	V45	Josie Sheffield	Braintree	145	35	SM	Neil McGown	Orion H	149
36	SW	Katie Wilkinson	Benfleet	160	36	SM	Graeme Kennedy	Cambridge & C	158
37	V45	Melanie Moore	Colchester H	160	37	SM	Kevin Newell	Ilford	161
38	V45	Laura Pettifer	Mid Essex Cas	164	38	SM	Richard Ashdown	Orion H	167
39	V45	Nicola Hopkinson	Ilford	164	39	V40	John Green	Thurrock H	170
40	V45	Annette Johnson	Benfleet	164	40	V50	Paul Berrett	Havering M	177
41	V35	Maureen Lear	Havering M	171	41	U20	Dean Frost	Colchester & T	177
42	V45	Jane Hallam	Havering M	173	42	SM	Marc Harrod	Colchester H	184
43	SW	Kayleigh Beedon	Braintree	174	43	V40	Giles Hopkinson	Orion H	189
44	V35	Debbie Hallam	Southend	185	44	U20	James Hall	Benfleet	194
45	V35	Kirsty Williams	Springfield S	189	45	U20	Andrew Holland	Havering M	195
46	V45	Debbie Smith	Phoenix	193	46	SM	Stuart Raven	Springfield S	202
47	V45	Elaine Tibley	Springfield S	195	47	V40	Don Lawless	Thurrock H	209
48	SW	Katheryn Sunderland	Chelmsford	198	48	SM	Anthony Tobin	Thurrock H	209
49	V55	Jean Hobbs	Loughton	204	49	SM	James Williams	Chelmsford	211
50	V45	Tracy O'Neill	Havering M	210	50	V50	Neil Crisp	Ilford	244
51	V45	Beryl De Smedt	Phoenix	212	51	V40	David Wilson	Orion H	253
52	V45	Sally Newman-Russell	Southend	218	52	V50	John Metcalf	Thurrock H	256
53	V35	Clare Rudgley	Havering M	230	53	V40	Greg Wisken	Mid Essex C	260
54	V45	Nicola Maslen	Phoenix	232	54	V40	Glen Gosling	Orion H	267
55	V45	Teresa Pearmain	Southend	233	55	V60	Mike Bumstead	Thurrock H	274
56	SW	Nicky Gordon	Phoenix	249	56	V40	Alan Monte	Southend	277
57	V45	Debra Pumfrett	Phoenix	250	57	V40	Jon Byford	Springfield S	281
58	SW	Roma Sands	Phoenix	251	58	SM	Luke Jackson	Havering M	282
59	V55	Teresa Flannigan	Pitsea	256	59	SM	Andy Doig	Pitsea	284
60	V45	Sarah Goodwin	Springfield S	261	60	SM	Mark Buckley	Springfield S	290
61	V55	Susan Vine	Phoenix	263	61	V40	Martin Mack	Thurrock H	293
62	V45	Michaela Davis	Loughton	265	62	V40	Adrian Smith	Orion H	302
63	V45	Adele Moggan	Phoenix	266	63	V50	Dave Brock	Orion H	305
64	V75	Pam Jones	Ilford	275	64	V40	Bradley Brown	Ilford	315
65	SW	Kalli Isborne	Phoenix	310	65	V40	Barry Ward	Havering M	318
					66	SM	Stuart Colley	Orion H	320
					67	V50	Peter Tullett	Chelmsford	325
					68	V40	Gary Cahill	Thurrock H	353
					69	V40	David Findlay	Basildon	356

70	V40	Julian Davies	Havering M	363
71	SM	Dan Augustin	Mid Essex C	365
72	SM	Buddy Green	Orion H	367
73	V40	Dave Spain	Benfleet	368
74	SM	Michael Cerny	Benfleet	368
75	SM	Adam Gordon	Phoenix S	375
76	V50	Tim Brockington	Springfield S	377
77	V60	Peter Binns	Southend	385
78	U20	Alex Chrisostomou	Orion H	386
79	SM	Kevin Bates	Basildon	387
80	V40	Myles Coulson	Braintree	387
81	V50	Bill Bennett	Orion H	389
82	V40	Jeff Bolton	Southend	394
83	V50	Bernard Johnson	Thurrock H	404
84	V50	Ted Skinner	Tiptree	410
85	V40	Andrew Dodd	Orion H	421
86	V40	Ian Glover	Southend	421
87	V40	Lee Cousins	Braintree	430
88	V50	Gary Bartlett	Orion H	437
89	V40	Matt Gillard	Southend	438
90	V40	Kevin Frost	Mid Essex C	443
91	V50	Dave Lane	Phoenix S	446
92	SM	Tony Collins	Havering M	447
93	V50	Stephen Middleton	Southend	453
94	SM	Stephen Harris	Phoenix S	455
95	V40	Nigel Instance	Thurrock H	459
96	SM	Ricky Bullis	Basildon	459
97	V50	Paul Williams	Orion H	459
98	SM	Charlie Scott	Southend	469
99	SM	Gary Cullen	Phoenix S	471
100	V60	Bob Jousiffe	Orion H	473
101	V40	Glen Irwin	Orion H	474
102	SM	Robert Frost	Phoenix S	474
103	SM	Chris Footer	Phoenix S	480
104	V60	Brian Butcher	Mid Essex C	483
105	V40	Nick Vincent	Southend	488
106	SM	Jon Brown	Southend	502
107	V60	David Game	Mid Essex C	506
108	SM	Leighton Williams	Mid Essex C	515
109	V70	Charlie Ross	Chelmsford	520
110	V50	Steve Cheal	Ilford	521
111	V50	Eddie Mills	Phoenix S	523
112	V50	Peter Bulaitis	Orion H	539
113	V50	Graham Hall	Orion H	552
114	V50	Steve Williams	Chelmsford	554
115	V60	David Hobbs	Loughton	560
116	V60	Keith Walker	Billericay S	564
117	V50	Colin Wiggins	Havering M	566
118	V50	Jim Russell	Pitsea	567
119	V50	George Georgiou	Loughton	596
120	V40	Paul Skerritt	Orion H	614