



Essex Cross Country League (4)

Sponsored by

Epping Forest, Chingford U13 Girls 10/01/2015

Pos	Name	Team	Time
1	Aoibheann Pearce	Orion Harriers	12: 35
2	Frances Haines	Cambridge & Coleridge AC	37
3	Ndidikama Okoh	Chelmsford AC	56
4	Zoe Rutter	Harlow AC	56
5	Molly Sweetman	Havering AC	13: 03
6	Kiera Hornsby	Braintree & District AC	08
7	Felicity Galbally	Southend-on-Sea AC	20
8	Abigail Kerr	Braintree & District AC	26
9	Charlotte Pratt	Harlow AC	35
10	Martha Smith	Chelmsford AC	39
11	Rosie Shaw	Orion Harriers	51
12	Hannah Smith	Chelmsford AC	14: 00
13	Grace Dukelow	Havering AC	00
14	Iris Brandon	Orion Harriers	13
15	Tilly Borrett	Cambridge & Coleridge AC	15
16	Jasmine Offiler	Orion Harriers	17
17	Alice Brown	Havering AC	23
18	Sophie Wetheridge	Basildon AC	23
19	Charlotte Grant	Orion Harriers	26
20	Kate Walker	Havering AC	30
21	Savanna Sirkett	Harlow AC	32
22	Molly Bath	Havering AC	42
23	Sydney Foley	Havering AC	48
24	Gracie Malcolm	Harlow AC	49
25	Becci Leddy	Orion Harriers	15: 00
26	Jessica James	Havering AC	18
27	Summer Thorpe	Basildon AC	24
28	Mairi Malcolm	Harlow AC	18: 08
29	Capucine Pochet	Orion Harriers	22: 44
30	Emily Kidd	Basildon AC	50
31	Isabella Hick	Iford AC	52
32	Sienna Crossley	Orion Harriers	23: 13
33	Sophie Anderson	Southend-on-Sea AC	No Time Recorded

Teams

1	Orion Harriers	42
2	Havering AC	55
3	Harlow AC	58
4	Chelmsford AC	25 (3)
5	Basildon AC	75 (3)
6	Braintree & District AC	14 (2)
7	Cambridge & Coleridge AC	17 (2)
8	Southend-on-Sea AC	40 (2)
9	Iford AC	31 (1)

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U13 Boys

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Pos	Name	Team	Time	Pos	Name	Team	Time
1	Oliver Lill	Basildon AC	11: 38	41	Zak Olley	Chelmsford AC	13 39
2	Max Godfrey	Cambridge & Coleridge AC	51	42	Owen Adams	Basildon AC	43
3	Jay Shotter	Orion Harriers	12: 00	43	Henri Willett	Thurrock Harriers	44
4	Zack Bridgeland	Chelmsford AC	03	44	Daniel Mayes	East Essex Triathlon Club	47
5	Lean Wheeler	Thurrock Harriers	07	45	Jack Saunders	Benfleet Running Club	50
6	Oliver Woods	Havering AC	08	46	Joseph Wheeler	Cambridge & Coleridge AC	55
7	Max Caulfield	Colchester Harriers AC	09	47	Henry Clark	Orion Harriers	14: 08
8	Daniel Houchell	Basildon AC	09	48	Billy Saunders	Benfleet Running Club	11
9	Kai Boggan	Harlow AC	16	49	Dominic Jarvis	Havering AC	37
10	George Hill	Basildon AC	21	50	James Lee	Basildon AC	16: 12
11	Tommy Bridger	Cambridge & Coleridge AC	31	51	Todd Riddell	Havering AC	25
12	Sam Wheatley	Southend-on-Sea AC	35	52	Luke Fallows	Havering AC	17: 11
13	Callum Parish	Harlow AC	37				
14	Joseph Boneham	Cambridge & Coleridge AC	39				
15	James Wright	Basildon AC	43				
16	Joseph Hudson	Southend-on-Sea AC	47				
17	Joshua McGill	Basildon AC	48				
18	Alex Ford	Havering AC	50				
19	Joe Morgan	Harlow AC	52				
20	Alfie Hutchinson	Chelmsford AC	54				
21	Kyle Gill	East Essex Triathlon Club	54				
22	Ellis Osborne	Havering AC	55				
23	Henry Lay	Havering AC	57				
24	Daniel McGill	Basildon AC	58				
25	Sam Myers	Cambridge & Coleridge AC	13: 04				
26	Joseph Abbott	Chelmsford AC	09				
27	Hayden Lawrence	West Suffolk AC	11				
28	Thomas Blake	Cambridge & Coleridge AC	12				
29	Ben Prior	Thurrock Harriers	12				
30	Henry Jones	Orion Harriers	18				
31	Mason Hambleton	Thurrock Harriers	20				
32	Lewis Jolly	Havering AC	24				
33	Manraj Gill	Ilford AC	24				
34	Saul Ashon	Orion Harriers	25				
35	Bradley Deacon	Ilford AC	28				
36	Jamie Mack	Thurrock Harriers	31				
37	Sam Collins	Harlow AC	32				
38	Leslie Anaglavi	Southend-on-Sea AC	35				
39	Alexander Davis	Chelmsford AC	37				
40	Scott Thomas	Chelmsford AC	38				

Teams

1	Basildon AC	34
2	Cambridge & Coleridge AC	52
3	Havering AC	69
4	Harlow AC	78
5	Chelmsford AC	89
6	Thurrock Harriers	101
7	Orion Harriers	114
8	Southend-on-Sea AC	66 (3)
9	East Essex Triathlon Club	65 (2)
10	Ilford AC	68 (2)
11	Benfleet Running Club	93 (2)
12	Colchester Harriers AC	7 (1)
13	West Suffolk AC	27 (1)

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Essex Cross Country League (4)

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U15 Girls

10/01/2015

Pos	Name	Team	Time
1	Khahisa Mhlanga	Chelmsford AC	16: 01
2	Rachel Broome	Chelmsford AC	20
3	Sinead Clark	Benfleet Running Club	27
4	Kate O'Neill	Havering AC	37
5	Niamh Smith	Basildon AC	17: 26
6	Sophie Rand	Havering AC	40
7	Lottie Rowedder	Harlow AC	45
8	Mary-Ann Deasy	Colchester & Tendring AC	18: 09
9	Charlotte Brooks	East Essex Triathlon Club	31
10	Jessica Mitchell	Havering AC	35
11	Scarlett Pochet	Orion Harriers	41
12	Nancy Callagher	Orion Harriers	19: 25
13	Grace Goodall	Benfleet Running Club	28
14	Yasmin Robinson	Benfleet Running Club	20: 01
15	Ruby Buchan	Cambridge & Coleridge AC	08
16	Genevieve Pate	Benfleet Running Club	26
17	Amba Coombe	Havering AC	33
18	Eilidh Malcolm	Harlow AC	36
19	Natasha Walter	Southend-on-Sea AC	37
20	Catherine Barker	Havering AC	43
21	Emily James	Havering AC	21: 03
22	Leah McGill	Basildon AC	23: 42
23	Charlotte Gower	Chelmsford AC	25: 00
24	Izzy Brown	Harlow AC	35

Teams	
1	Havering AC 37
2	Benfleet Running Club 46
2	Chelmsford AC 26 (3)
4	Harlow AC 49 (3)
5	Orion Harriers 23 (2)
6	Basildon AC 27 (2)
7	Colchester & Tendring AC 8 (1)
8	East Essex Triathlon Club 9 (1)
9	Cambridge & Coleridge AC 15 (1)
10	Southend-on-Sea AC 19 (1)



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Epping Forest, Chingford U15 Boys 10/01/2015

Pos	Name	Team	Time
1	Mason Webb	Basildon AC	14: 55
2	Toby Wright	Southend-on-Sea AC	58
3	Jamie Sales	Cambridge & Coleridge AC	15: 29
4	Ben Miller	Colchester & Tendring AC	35
5	Rushwan Lewis	Benfleet Running Club	47
6	Lewis Debenham	Havering AC	51
7	Sam Norris	Southend-on-Sea AC	52
8	Lewis Harknett	Harlow AC	53
9	Rob Anderson	Cambridge & Coleridge AC	16: 03
10	Joseph Owen	Orion Harriers	13
11	Josh Borrett	Cambridge & Coleridge AC	14
12	Joseph Clarke	Orion Harriers	16
13	Matt Norris	Southend-on-Sea AC	31
14	Oliver Bath	Havering AC	40
15	Craig Wheeler	Southend-on-Sea AC	47
16	James Wood	Orion Harriers	48
17	Callum Liassi	Benfleet Running Club	51
18	Sam Walsh	Basildon AC	55
19	Aaron Westwood	East Essex Triathlon Club	17: 05
20	Luke Gill	East Essex Triathlon Club	09
21	Mitch Lawrence	Southend-on-Sea AC	18
22	Sam Atkins	Havering AC	22
23	Dexter Goward	Benfleet Running Club	31
24	Owen Harknett	Harlow AC	35
25	Sarab Dillion	Thurrock Harriers	38
26	John Fennessey	Havering AC	42
27	Matthew Houchell	Basildon AC	58
28	William Jones	Orion Harriers	18: 01

Teams

1	Southend-on-Sea AC	37
2	Orion Harriers	66
3	Havering AC	68
4	Cambridge & Coleridge AC	23 (3)
5	Benfleet Running Club	45 (3)
6	Basildon AC	46 (3)
7	Harlow AC	32 (2)
8	East Essex Triathlon Club	39 (2)
9	Colchester & Tendring AC	4 (1)
10	Thurrock Harriers	25 (1)



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U17/20 Women

10/01/2015

Pos	Age	Name	Team	Time
1	U20	Beatrice Fitzsimons	Cambridge & Coleridge AC	18: 51
2	U20	Sarah Imbush	Southend-on-Sea AC	19: 41
3	U20	Emma Houchell	Basildon AC	44
4	U20	Emily Bullis	Basildon AC	59
5	U17	Rebecca Vears	Harlow AC	20: 02
6	U20	Isabella Woods	Havering AC	08
7	U17	Emma Schaertlin-Coffey	Cambridge & Coleridge AC	31
8	U17	Lydia Callan	Colchester & Tendring AC	33
9	U17	Megan Williams	Chelmsford AC	37
10	U17	Gemma Archer-Haley	Basildon AC	21: 03
11	U20	Annabel Matthews-Smith	Southend-on-Sea AC	06
12	U20	Jessica Swain	Chelmsford AC	58
13	U17	Lucy Kidwell	Southend-on-Sea AC	22: 12
14	U20	Laura Kidd	Basildon AC	31
15	U20	Madeliene Carr	Orion Harriers	38
16	U17	Mia Pesci	Cambridge & Coleridge AC	48
17	U17	Emily Warren	Benfleet Running Club	24: 07
18	U20	Charlotte Kew	Colchester & Tendring AC	42

Teams

1	Basildon AC	31
2	Cambridge & Coleridge AC	24 (3)
3	Southend-on-Sea AC	26 (3)
4	Chelmsford AC	21 (2)
5	Colchester & Tendring AC	26 (2)
6	Harlow AC	5 (1)
7	Havering AC	6 (1)
8	Orion Harriers	15 (1)
9	Benfleet Running Club	17 (1)

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U17 Men

10/01/2015

Pos	Name	Team	Time
1	Max Jones	Basildon AC	26: 10
2	Christian Gray	Basildon AC	13
3	Adam Jordan	Southend-on-Sea AC	15
4	Joe Patterson	Colchester & Tendring AC	38
5	Ben Pattison	Orion Harriers	49
6	Brandon Thorpe	Basildon AC	27: 04
7	Ramadan Osman	Colchester & Tendring AC	10
8	George Day	Orion Harriers	28
9	Usamah Patel	Ilford AC	40
10	Kudzai Magure	Orion Harriers	28: 01
11	Thomas Young	Orion Harriers	20
12	Eddy Cooper	Benfleet Running Club	35
13	Owen Thomas	Chelmsford AC	43
14	Joe Kidd	Basildon AC	59
15	Charlie Weston	Orion Harriers	29: 11
16	James Hiscock	Benfleet Running Club	16
17	Adam Harley	East Essex Triathlon Club	23
18	Donald Campbell	Harlow AC	43
19	Michael Hodges	Southend-on-Sea AC	46
20	James Stewart	Havering AC	30: 18
21	Conor Culham	Braintree & District AC	54
22	Cameron Kerr	Braintree & District AC	57
23	Alex Lione	Cambridge & Coleridge AC	31: 02
24	Ryan Creasey	Benfleet Running Club	24
25	Daniel Harley	East Essex Triathlon Club	36
26	Jack Ayling	Havering AC	33: 29
27	Michael Williams	Benfleet Running Club	34: 01
28	Luke Strudwick	Thurrock Harriers	36: 06

Teams	Time
1 Basildon AC	23
2 Orion Harriers	34
3 Benfleet Running Club	79
4 Colchester & Tendring AC	11 (2)
5 Southend-on-Sea AC	22 (2)
6 East Essex Triathlon Club	42 (2)
7 Braintree & District AC	43 (2)
8 Havering AC	46 (2)
9 Ilford AC	9 (1)
10 Chelmsford AC	13 (1)
11 Harlow AC	18 (1)
12 Cambridge & Coleridge AC	23 (1)
13 Thurrock Harriers	28 (1)



Essex Cross Country League (4)

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Senior Women

10/01/2015

Pos	Age	Name	Team	Time	Teams (4 to score)	
1	SW	Claire Somerton	Cambridge & Coleridge AC	28: 17	1 Chelmsford AC	32
2	W35	Sarah Stradling	Colchester Harriers AC	22	2 Colchester Harriers AC	35
3	W35	Debbie Appleton	Havering AC	59	3 Cambridge & Coleridge AC	52
4	SW	Megan Evans	Chelmsford AC	29: 31	4 Southend-on-Sea AC	82
5	W45	Margaret Deasy	Colchester & Tendring AC	54	5 Havering AC	104
6	W35	Sally Mhlanga	Chelmsford AC	30: 03	6 Orion Harriers	121
7	SW	Vicky Smith	Havering AC	08	7 Benfleet Running Club	144
8	SW	Natalie Griffiths	Cambridge & Coleridge AC	24	8 Loughton AC	163
9	W45	Denise Morley	Colchester Harriers AC	49	9 Springfield Striders RC	164
10	SW	Rebecca Luxton	Chelmsford AC	55	10 Phoenix Striders	258
11	SW	Ellie Mayne	Colchester Harriers AC	31: 13	11 Pitsea Running Club	298
12	W35	Wendy King	Chelmsford AC	20	12 Basildon AC	111 (3)
13	SW	Kimberley Preston	Colchester Harriers AC	55	13 Ilford AC	144 (3)
14	W35	Kelley Haniver	Colchester Harriers AC	32: 04	14 Thrift Green Trotters	178 (3)
15	SW	Sarah Jeffery	Southend-on-Sea AC	08	15 Braintree & District AC	98 (2)
16	SW	Louise Douglas	Basildon AC	08	16 Colchester & Tendring AC	5 (1)
17	W35	Carrie Bedingfield	Cambridge & Coleridge AC	21	17 Mid Essex Casuals	35 (1)
18	W35	Anne Jenkinson	Southend-on-Sea AC	26		
19	SW	Elizabeth Peterson	Benfleet Running Club	40		
20	W45	Debbie Cattermole	Colchester Harriers AC	46		
21	SW	Holly Gillard	Southend-on-Sea AC	52		
22	SW	Ella Neale	Colchester Harriers AC	33: 09		
23	W35	Hayley Rogerson	Orion Harriers	40		
24	SW	Jenni Sheehan	Ilford AC	44		
25	W35	Joanne Sullivan	Havering AC	48		
26	W35	Emma Buckland	Cambridge & Coleridge AC	50		
27	W35	Vic Curren	Springfield Striders RC	58		
28	W35	Natasha Lagden	Southend-on-Sea AC	34: 04		
29	SW	Emily Ballard	Basildon AC	28		
30	W45	Joanne Smith	Chelmsford AC	35: 23		
31	W35	Nikki Barnett	Orion Harriers	36: 06		
32	SW	Katie Wilkinson	Benfleet Running Club	12		
33	W45	Mary Armitage	Orion Harriers	50		
34	W35	Lorraine Gosling	Orion Harriers	37: 15		
35	W45	Lorna Pettifer	Mid Essex Casuals	25		
36	W55	Fran Norris	Colchester Harriers AC	29		
37	W45	Lorna Gaffney	Loughton AC	30		
38	W55	Breege Nordin	Ilford AC	42		
39	W35	Kerry Marsh	Springfield Striders RC	49		
40	SW	Helen Real	Loughton AC	50		
41	W55	Gaye Shillaker	Loughton AC	51		
42	W35	Marijke Van Eetvelde	Thrift Green Trotters	38: 32		
43	W45	Pippa Dowswell	Orion Harriers	36		
44	W35	Sarah Norton	Benfleet Running Club	42		
45	W55	Anne Heeks	Loughton AC	39: 02		

Veteran Team Result (3 to score)

1	Colchester Harriers AC	25
2	Chelmsford AC	48
3	Orion Harriers	87
4	Southend-on-Sea AC	94
5	Havering AC	97
6	Springfield Striders RC	112
7	Loughton AC	123
7	Benfleet Running Club	150
9	Thrift Green Trotters	178
10	Phoenix Striders	196
11	Pitsea Running Club	219
12	Cambridge & Coleridge AC	43 (2)
13	Ilford AC	120 (2)
14	Colchester & Tendring AC	5 (1)
15	Mid Essex Casuals	35 (1)
16	Braintree & District AC	47 (1)
17	Basildon AC	66 (1)

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Pos	Age	Name	Team	Time
46	W35	Karen Chapman	Springfield Striders RC	39: 07
47	W45	Lyndsay Rolerkite	Braintree & District AC	16
48	W35	Debbielyn Hallam	Southend-on-Sea AC	22
49	W45	Annette Johnson	Benfleet Running Club	30
50	W35	Liz Maidment	Orion Harriers	31
51	SW	Kayleigh Beedon	Braintree & District AC	35
52	W45	Elaine Tribley	Springfield Striders RC	40: 17
53	W35	Lisa Thorn	Orion Harriers	20
54	W35	Kirsty Williams	Springfield Striders RC	30
55	W45	Christine Inch	Orion Harriers	36
56	W45	Jo Wiffen	Loughton AC	41: 06
57	W45	Mandy Cooper	Benfleet Running Club	13
58	SW	Catherine Sunderland	Chelmsford AC	15
59	W35	Liz Hallam	Orion Harriers	29
60	W35	Julie Reeves	Thrift Green Trotters	38
61	W45	Debbie Smith	Phoenix Striders	52
62	SW	Danielle Hughes	Phoenix Striders	42: 15
63	W65	Jean Hobbs	Loughton AC	29
64	W35	Vanesse Clyne	Orion Harriers	37
65	W35	Ruth Roberts	Phoenix Striders	43: 13
66	W35	Mandy Wetheridge	Basildon AC	15
67	W55	Valerie Sinclair	Pitsea Running Club	17
68	w35	Laura Hucbourg	Orion Harriers	19
69	W45	Tracy O'Neill	Havering AC	32
70	W35	Claire Kay	Phoenix Striders	44: 06
71	W45	Debra Pumfrett	Phoenix Striders	10
72	W35	Ann Mcewen	Orion Harriers	24
73	W35	Bobbie Westwood	Havering AC	32
74	W55	Cathy Beard	Colchester Harriers AC	57
75	W55	Helen Williams	Pitsea Running Club	45: 25
76	W45	Joanne Day	Thrift Green Trotters	38
77	W55	Gillian Harrison	Pitsea Running Club	45
78	W45	Melanie Peddle	Loughton AC	50
79	W55	Teresa Flannigan	Pitsea Running Club	46: 19
80	W45	Nicola Maslen	Phoenix Striders	48: 56
81	W45	Beryl De Smedt	Phoenix Striders	49: 36
82	W45	Doris Gaga	Ilford AC	51: 49
83	W45	Adele Moggan	Phoenix Striders	52: 13
84	W45	Nicole Burston	Phoenix Striders	55: 27

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Essex Cross Country League (4)

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Senior Men

10/01/2015

Pos	Age	Name	Team	Time	Teams	
1	SM	Sullivan Smith	Cambridge & Coleridge AC	27: 47	1 Southend-on-Sea AC	110
2	SM	Macauley Delo	West Suffolk AC	51	2 Chelmsford AC	115
3	SM	David Fewell	Chelmsford AC	56	3 Cambridge & Coleridge AC	119
4	SM	Frankie Conway	Orion Harriers	28: 02	4 Orion Harriers	145
5	SM	Mark Sandford	Chelmsford AC	17	5 Colchester Harriers AC	204
6	SM	Rob Warner	Havering AC	43	6 Havering AC	220
7	SM	Grant Webb	Basildon AC	54	7 Ilford AC	274
8	SM	Tom Gardner	Ilford AC	29: 00	8 Basildon AC	301
9	SM	Oliver Park	Cambridge & Coleridge AC	10	9 Thurrock Harriers	462
10	SM	Alistair Hodges	Cambridge & Coleridge AC	43	10 Springfield Striders RC	471
11	SM	Chris McGurk	Southend-on-Sea AC	48	11 Thrift Green Trotters	596
12	U20	Ollie Kyriakides	Southend-on-Sea AC	52	12 Benfleet Running Club	641
13	SM	Ashley Capel	Southend-on-Sea AC	56	13 Phoenix Striders	563 (5)
14	V40	Malcolm Muir	Ilford AC	30: 00	14 Braintree & District AC	233 (3)
15	SM	Carwyn Jones	Colchester Harriers AC	03	15 Pitsea Running Club	352 (3)
16	SM	Seb Carillo	Basildon AC	09	16 Loughton AC	175 (2)
17	SM	Ian Clark	Orion Harriers	13	17 Mid Essex Casuals	285 (2)
18	SM	James Williams	Chelmsford AC	24	18 West Suffolk AC	2 (1)
19	SM	Istvan Jasco	Cambridge & Coleridge AC	27	19 East Essex Triathlon Club	52 (1)
20	SM	Rhys Gillard	Southend-on-Sea AC	30	20 Witham Running Club	101 (1)
21	V40	Barny Footer	Orion Harriers	36		
22	SM	Paul Grange	Havering AC	40		
23	U20	Darren Blackwell	Chelmsford AC	44		
24	SM	Alex Houghton	Thurrock Harriers	48		
25	SM	Lee Taylor	Southend-on-Sea AC	52		
26	SM	Ken Hoye	Chelmsford AC	58		
27	V40	Colin Read	Orion Harriers	31: 03		
28	V40	Allen Smalls	Colchester Harriers AC	13		
29	U20	Joe Ray	Southend-on-Sea AC	16		
30	U20	Ben Pavier	Southend-on-Sea AC	28		
31	U20	Adam Houchell	Basildon AC	38		
32	V40	Jonathon Nears	Colchester Harriers AC	43		
33	V40	Matt Bland	Havering AC	47		
34	SM	Neil McGoun	Orion Harriers	53		
35	U20	Abdul Mohammed	Havering AC	32: 06		
36	V40	Steve Philcox	Ilford AC	15		
37	SM	Tim Ballard	Colchester Harriers AC	17		
38	SM	Stuart Raven	Springfield Striders RC	18		
39	SM	Richard Park	Cambridge & Coleridge AC	19		
40	V50	Mike Bridgeland	Chelmsford AC	19		
41	SM	Iain Wood	Cambridge & Coleridge AC	23		
42	U20	Haider Razzaq	Orion Harriers	40		
43	V50	Simon Lemare	Southend-on-Sea AC	50		
44	SM	Rick Ashton	Orion Harriers	53		
45	V50	Colin Ridley	Colchester Harriers AC	33: 03		
46	U20	Joesph Nourse	Braintree & District AC	07		
47	V40	Mark Harrod	Colchester Harriers AC	08		
48	U20	Reece Ashik	Chelmsford AC	10		
49	V40	John Whitehouse	Loughton AC	13		
50	SM	Brian Jenkins	Orion Harriers	20		
51	V50	Don Lawless	Thurrock Harriers	22		
52	SM	Patric Hannah	East Essex Triathlon Club	25		
53	U20	Dominic LeMare	Southend-on-Sea AC	30		
54	V40	Alec Kyriakides	Southend-on-Sea AC	32		
55	V40	Adam Baker	Orion Harriers	43		

Veteran Team Result (4 to score)

1	Colchester Harriers AC	152
2	Orion Harriers	159
3	Ilford AC	208
4	Southend-on-Sea AC	313
5	Thurrock Harriers	317
6	Benfleet Running Club	373
7	Chelmsford AC	391
8	Thrift Green Trotters	405
9	Cambridge & Coleridge AC	284 (3)
10	Springfield Striders RC	342 (3)
11	Phoenix Striders	349 (3)
12	Pitsea Running Club	352 (3)
13	Basildon AC	372 (3)
14	Havering AC	135 (2)
15	Loughton AC	175 (2)
16	Witham Running Club	101 (1)
17	Mid Essex Casuals	148 (1)

Pos	Age	Name	Team	Time
56	V40	Giles Hopkinson	Orion Harriers	33: 57
57	V40	Tim Wright	Orion Harriers	34: 01
58	SM	Jason Crispin	Havering AC	03
59	SM	Ben Jones	Cambridge & Coleridge AC	06
60	SM	Ben Jones	Ilford AC	07
61	SM	David Wilson	Orion Harriers	14
62	V40	Sion Parry	Thrift Green Trotters	19
63	SM	Durward Whitehead	Cambridge & Coleridge AC	34
64	V40	Charlie Wartnaby	Cambridge & Coleridge AC	35
65	V50	Jonathan Metcalf	Thurrock Harriers	44
66	SM	Jamie Buckley-Stanton	Havering AC	49
67	SM	Graeme Kennedy	Cambridge & Coleridge AC	57
68	V50	Kevin Julian	Orion Harriers	35: 00
69	SM	Peter McHugh	Orion Harriers	08
70	V40	Carl Easton	Phoenix Striders	13
71	SM	Tom Gunning	Springfield Striders RC	19
72	V40	Andrew Low	Benfleet Running Club	21
73	V40	Andy Doig	Pitsea Running Club	29
74	SM	Anthony Marsh	Springfield Striders RC	38
75	SM	Kevin Bates	Basildon AC	42
76	V50	Dave Brock	Orion Harriers	45
77	V50	Neil Crisp	Ilford AC	47
78	SM	Ben Rowlands	Orion Harriers	50
79	SM	Sam Rahman	Ilford AC	57
80	U20	Stephen Davies	Basildon AC	36: 01
81	V60	Andy Catton	Ilford AC	03
82	V50	Chris Purse	Springfield Striders RC	04
83	SM	Nick Knight	Thrift Green Trotters	10
84	SM	Aaron Graves	Braintree & District AC	16
85	V40	Graham Booty	Benfleet Running Club	20
86	V40	Glen Gosling	Orion Harriers	24
87	V50	Peter Tullett	Chelmsford AC	30
88	V50	Andy Morris	Benfleet Running Club	36
89	V40	A Smith	Orion Harriers	42
90	V60	Mick Bumstead	Thurrock Harriers	45
91	V50	Keith Thornton	Thrift Green Trotters	56
92	SM	Steve Surety	Basildon AC	37: 03
93	SM	Derek Hatley	Cambridge & Coleridge AC	12
94	V50	James Hart	Orion Harriers	42
95	V40	Simon Tippet	Basildon AC	38: 00
96	V50	Charlie Ritchie	Cambridge & Coleridge AC	04
97	V40	Al Monte	Southend-on-Sea AC	13
98	V40	Stuart Colley	Orion Harriers	19
99	SM	Dan Quartly	Springfield Striders RC	32
100	SM	Buddy Green	Orion Harriers	41
101	V40	Leo Cole	Witham Running Club	44
102	V40	Graham Hogan	Havering AC	53
103	U20	Jakob Beck	Braintree & District AC	57
104	SM	Stewart Bond	Cambridge & Coleridge AC	39: 6
105	SM	Chris Footer	Phoenix Striders	26
106	U20	Henry Snell	Southend-on-Sea AC	27
107	SM	Dan Summers	Springfield Striders RC	32
108	SM	Steven Rebel	Thrift Green Trotters	38
109	SM	Adam Gordon	Phoenix Striders	48
110	V40	David Lloyd	Thrift Green Trotters	51

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Pos	Age	Name	Team	Time
111	V50	Bernie Johnson	Thurrock Harriers	39: 53
112	SM	Ben Chamberlain	Cambridge & Coleridge AC	57
113	V50	Bill Bennett	Orion Harriers	40: 02
114	V40	Dan Green	Orion Harriers	10
115	V50	Bradley Brown	Ilford AC	16
116	V40	Andrew Stroud	Springfield Striders RC	38
117	V50	Kevin Kirby	Chelmsford AC	44
118	V50	Andrew Dodd	Orion Harriers	59
119	V40	Matt Gillard	Southend-on-Sea AC	41: 03
120	SM	Drew Nicholls	Guest	09
121	V50	John Chambers	Thurrock Harriers	11
122	V50	Graham Hall	Orion Harriers	11
123	V50	Paul Williams	Orion Harriers	13
124	V40	Bernard Shannon	Cambridge & Coleridge AC	16
125	SM	Michael Horsey	Ilford AC	18
126	V50	Jim Whiffin	Loughton AC	18
127	V50	Roger Green	Orion Harriers	20
128	V40	Tom Robinson	Benfleet Running Club	26
129	V50	Gary Bartlett	Orion Harriers	38
130	V50	Steve Parker	Ilford AC	42: 18
131	V50	Ricky Bullis	Basildon AC	28
132	V50	Stephen Burton	Benfleet Running Club	55
133	V50	Steve Cheal	Ilford AC	57
134	V50	Dave Lane	Phoenix Striders	59
135	SM	Tony Collins	Havering AC	43: 26
136	SM	Roy Harwood	Benfleet Running Club	44: 02
137	SM	Leighton Williams	Mid Essex Casuals	25
138	V50	Don Sinclair	Pitsea Running Club	38
139	V40	Ged Shaw	Orion Harriers	49
140	V40	Matt Maple	Ilford AC	45: 15
141	V50	Peter McLaughlin	Pitsea Running Club	47: 01
142	V50	Melvyn Cooper	Thrift Green Trotters	16
143	V50	Peter Buliatis	Orion Harriers	48
144	V60	Pat Knowles	Springfield Striders RC	49: 29
145	V50	Eddie Mills	Phoenix Striders	48
146	V40	Matt Thorpe	Basildon AC	50: 20
147	V70	Charlie Ross	Chelmsford AC	35
148	V60	John Pettifer	Mid Essex Casuals	52: 07
149	V50	Steve Williams	Chelmsford AC	53: 39
150	V50	Mick Hodges	Southend-on-Sea AC	56: 15
151	V60	Robert Maggio	Orion Harriers	59: 45

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