

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U13 G	Abigail Ives	Basildon AC	3	1	U13 B	Alex Ford	Havering AC	3
2	U13 G	Sydney Foley	Havering AC	5	2	U13 B	Miles Benyan	Cambridge & Coleridge AC	18
3	U13 G	Erin Little	Chelmsford AC	8	2	U13 B	Luke Pullen	Southend-on-Sea AC	18
4	U13 G	Holly Freegard	Basildon AC	11	4	U13 B	Daniel Houchell	Basildon AC	19
5	U13 G	Milly Presland	Colchester Harriers AC	14	5	U13 B	Matthew Blacklock	Havering AC	23
6	U13 G	Demi Eaves	Thurrock Harriers	18	5	U13 B	Luke Randall	Southend-on-Sea AC	23
7	U13 G	Chloe Rand	Havering AC	20	7	U13 B	Dylan Harrod	Thurrock Harriers	31
8	U13 G	Daizy Harris	Basildon AC	21	8	U13 B	Finn McGrath	Cambridge & Coleridge AC	33
9	U13 G	Maisy Silverstone	Orion Harriers	22	8	U13 B	Archie Conners	Benfleet Running Club	33
10	U13 G	Grace Holmes	Southend-on-Sea AC	34	10	U13 B	Matthew Hick	Iford AC	35
11	U13 G	Annie Grannell	Havering AC	36	11	U13 B	Micky Jones	Southend-on-Sea AC	41
11	U13 G	Ellen Savidge	Harlow AC	36	12	U13 B	Lenny Houston	Havering AC	44
13	U13 G	Hannah Peacock	Thurrock Harriers	39	13	U13 B	Kyle Gill	East Essex Triathlon Club	47
14	U13 G	Samiya Aitmarri	Basildon AC	46	14	U13 B	Fred Tall	Southend-on-Sea AC	50
15	U13 G	Hannah Yexley	Havering AC	48	15	U13 B	Kai Lovelock	Thurrock Harriers	62
16	U13 G	Sophie Anderson	Southend-on-Sea AC	51	15	U13 B	Oliver Yexley	Havering AC	62
17	U13 G	Maddie Barker	Havering AC	58	17	U13 B	Freddy Taiani	Basildon AC	63
18	U13 G	Madeleine Claydon	Colchester Harriers AC	59	18	U13 B	Timi McDaniel	Havering AC	70
19	U13 G	Alice Atkins	Havering AC	64	19	U13 B	Thomas Woodward	Chelmsford AC	71
20	U13 G	Rebecca O'Rourke	Havering AC	65	20	U13 B	Sunny Vehit	Thurrock Harriers	72
21	U13 G	Robyn Bartholomew	Southend-on-Sea AC	71	21	U13 B	Onyeka Okoh	Chelmsford AC	80
22	U13 G	Rose Mears	Havering AC	80	22	U13 B	Daniel Pike	Discovery Triathlon Club	86
23	U13 G	Molly Redgrave	Colchester & Tendring AC	81	23	U13 B	Ellis Wright	Basildon AC	95
23	U13 G	MacKenzie Cranfield	Harlow AC	81	24	U13 B	Liam Gibney	East Essex Triathlon Club	128
25	U13 G	Jessie Collier	Havering AC	82					
26	U13 G	Morgan Romain	Havering AC	95					
27	U13 G	Lauren Hazle	Chelmsford AC	99					
27	U13 G	Kennedy Beardwell	Thurrock Harriers	99					
29	U13 G	Katie Brennan	Harlow AC	104					
30	U13 G	Anna Leinemann	Discovery Triathlon Club	107					
31	U13 G	Madeline Booty	Thurrock Harriers	111					
32	U13 G	Jemima Maidment	Orion Harriers	122					
33	U13 G	Eve Smith	Orion Harriers	137					

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U15 G	Molly Sweetman	Havering AC	3	1	U15 B	Leon Wheeler	Thurrock Harriers	3
2	U15 G	Hayley Instance	Thurrock Harriers	6	2	U15 B	Danny Millward	Colchester Harriers AC	6
3	U15 G	Grace Burrell	Basildon AC	7	3	U15 B	Mungo Prior	Ilford AC	13
4	U15 G	Faye Sweeting	Chelmsford AC	15	3	U15 B	Max Caulfield	Colchester Harriers AC	13
4	U15 G	Savanna Sirkett	Harlow AC	15	5	U15 B	Jay Shotter	Orion Harriers	22
6	U15 G	Martha Smith	Chelmsford AC	19	6	U15 B	Joseph Trim	East Essex Triathlon Club	25
7	U15 G	Lily Bath	Havering AC	27	7	U15 B	Ben Prior	Thurrock Harriers	29
7	U15 G	Hollie Rex	Basildon AC	27	8	U15 B	Sam Wheatley	Southend-on-Sea AC	30
9	U15 G	Georgia Tombs	Chelmsford AC	30	9	U15 B	Harry Parker	Thurrock Harriers	40
10	U15 G	Lucy Aitchinson	Chelmsford AC	34	9	U15 B	Matthew Warner	Southend-on-Sea AC	40
11	U15 G	Sophie Wetheridge	Basildon AC	35	11	U15 B	Ziggy Lambton	Colchester Harriers AC	46
11	U15 G	Annalie Cole	Orion Harriers	35	12	U15 B	Finnlay Lowe	Thurrock Harriers	49
13	U15 G	Keirra Scott	Basildon AC	36	13	U15 B	Joe Morgan	Harlow AC	50
14	U15 G	Hannah Phipps	Basildon AC	38	13	U15 B	Alex Friend	Havering AC	50
15	U15 G	Abigail Kerr	Braintree & District AC	43	15	U15 B	Zach Bridgeland	Chelmsford AC	52
16	U15 G	Becci Leddy	Orion Harriers	46	16	U15 B	Jamie Putt	Harlow AC	55
17	U15 G	Lena Leinemann	Discovery Triathlon Club	66	17	U15 B	George Hill	Basildon AC	66
18	U15 G	Tia Cocca	Chelmsford AC	71	18	U15 B	James Wright	Basildon AC	67
19	U15 G	Sasha Clark	Cambridge & Coleridge AC	72	19	U15 B	Tyler Wiltshire	Braintree & District AC	69
20	U15 G	Kate Walker	Havering AC	76	20	U15 B	Issac Dodd	Southend-on-Sea AC	75
20	U15 G	Emily Fall	Thurrock Harriers	76	21	U15 B	Jack Saunders	Basildon AC	80
22	U15 G	Hannah Rodgers	Colchester Harriers AC	79	22	U15 B	Henri Willett	Thurrock Harriers	81
23	U15 G	Isabella Minder	Colchester Harriers AC	85	23	U15 B	Billy Saunders	Basildon AC	86
24	U15 G	Charlotte Grant	Orion Harriers	95	24	U15 B	Saul Ashon	Orion Harriers	88
25	U15 G	Mairi Malcolm	Harlow AC	110	25	U15 B	Ben Podd	Chelmsford AC	89
26	U15 G	Jessica James	Havering AC	113	26	U15 B	Scott Thomas	Chelmsford AC	90
					26	U15 B	Louis Berrett	Havering AC	90
					28	U15 B	Dominic Jarvis	Havering AC	96
					29	U15 B	Ben Naish	Havering AC	101
					29	U15 B	Mark Beale	Chelmsford AC	101
					31	U15 B	Henry Jones	Orion Harriers	108
					32	U15 B	Sam Tremelling	Chelmsford AC	109
					33	U15 B	Harry Clarke	Chelmsford AC	111
					34	U15 B	Bradley Deacon	Ilford AC	118
					35	U15 B	Ethan Hunter	Chelmsford AC	124
					36	U15 B	Jake Long	Havering AC	139

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U17W	Khahisa Mhlanga	Chelmsford AC	3	1	U17M	Joseph Owen	Orion Harriers	4
2	U17W	Jessica Mitchell	Havering AC	6	2	U17M	Lewis Harknett	Harlow AC	6
3	U17W	Kate O'Neill	Havering AC	7	3	U17M	Ben Miller	Colchester & Tendring AC	13
4	U17W	Amber Pullinger	Thurrock Harriers	11	4	U17M	Sam Norris	Southend-on-Sea AC	14
5	U17W	Rachel Broome	Chelmsford AC	14	5	U17M	Isaac Brown	Basildon AC	20
6	U17W	Sinead Clark	Benfleet Running Club	17	6	U17M	Joseph Clark	Orion Harriers	29
7	U17W	Lottie Rowedder	Harlow AC	18	7	U17M	Freddy Richardson	Colchester & Tendring AC	32
8	U17W	Jo Rimmington	Southend-on-Sea AC	27	8	U17M	Joe Logan	Thurrock Harriers	33
9	U17W	Mary Ann Deasy	Colchester & Tendring AC	28	9	U17M	Lewis Debenham	Havering AC	36
10	U17W	Sophie Rand	Havering AC	30	9	U17M	Oliver Randall	Southend-on-Sea AC	36
11	U17W	Abby Rex	Basildon AC	36	11	U17M	Luke Gill	East Essex Triathlon Club	45
12	U17W	Catherine Barker	Havering AC	43	12	U17M	Callum Liasi	Benfleet Running Club	49
13	U17W	Lucie Ball	Thurrock Harriers	58	13	U17M	Owen Harknett	Harlow AC	51
14	U17W	Genevieve Pate	Benfleet Running Club	60	13	U17M	Drew Olley	Colchester Harriers AC	51
15	U17W	Mia Slesser	Southend-on-Sea AC	65	13	U17M	Matt Norris	Southend-on-Sea AC	51
16	U17W	Emily James	Havering AC	80	16	U17M	Tom Stuttle	Southend-on-Sea AC	54
					17	U17M	Fergus Crouch	Colchester Harriers AC	56
1	U20W	Lydia Callan	Chelmsford AC	33	18	U17M	Oliver Bath	Havering AC	70
					19	U17M	George Applewhite	Basildon AC	76

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	SW	Kerry Holland	Southend-on-Sea AC	11	1	U20	Harrison Smith	Basildon AC	25
2	SW	Laura Brooks	Basildon AC	14	2	U20	Ben Davis	Havering AC	34
2	SW	Clare Thurgood	Orion Harriers	14	3	U20	Max Jones	Basildon AC	43
4	SW	Rebecca Luxton	Chelmsford AC	23	4	U20	Brandon Thorpe	Basildon AC	48
5	SW	Vicki Hayes	Chelmsford AC	35	5	U20	Samuel Smith	Thurrock Harriers	66
6	SW	Nicola Bredin	Basildon AC	49	6	U20	William Page	Colchester & Tendring AC	73
7	SW	Sarah Pennington	Southend-on-Sea AC	50	7	U20	Dan Richards	Orion Harriers	75
8	SW	Natalie Kipps	Orion Harriers	59	8	U20	Joseph Patterson	Colchester & Tendring AC	77
9	SW	Ella Neale	Colchester Harriers AC	60	9	U20	James Stewart	Havering AC	127
10	SW	Karen Whitmarsh	Basildon AC	72	10	U20	Christian Gray	Basildon AC	148
11	SW	Holly Gillard	Southend-on-Sea AC	93	11	U20	Tom Muers	East Essex Triathlon Club	191
12	SW	Hazel Buist	Halstead RR	109	12	U20	Conor Culham	Braintree & District AC	207
13	SW	Sarah Frost	Halstead RR	214	13	U20	Ben Holdgate	Braintree & District AC	209
14	SW	Grace Reeman	Phoenix Striders	246	14	U20	Kieran O'Hara	Havering AC	214
15	SW	Vicki Calleja	Thrift Green Trotters	270	15	U20	Aidan Elmore	Havering AC	351
1	W35	Liz Davies	Springfield Striders RC	4	1	SM	Rob Warner	Havering AC	6
2	W35	Sally Judd	Chelmsford AC	17	2	SM	Ryan Prout	Chelmsford AC	12
3	W35	Hayley Rogerson	Orion Harriers	56	3	SM	Matt Granger	Chelmsford AC	15
4	W35	Louise Douglass	Basildon AC	60	4	SM	Alec Finch	Thurrock Harriers	17
5	W35	Annette Oakman	Colchester Harriers AC	83	5	SM	Rhys Gillard	Southend-on-Sea AC	41
6	W35	Natasha Lagden	Southend-on-Sea AC	88	6	SM	Charlie Parker	Southend-on-Sea AC	51
7	W35	Kathleen Short	Thrift Green Trotters	103	7	SM	Alex Manton	Springfield Striders RC	62
8	W35	Jo Sullivan	Havering AC	111	8	SM	Kurtis Swan	Billericay Striders RC	63
9	W35	Ruth Havis	Billericay Striders RC	139	9	SM	James Wright	Springfield Striders RC	104
10	W35	Debbielyn Hallam	Southend-on-Sea AC	149	10	SM	Cameron Humphries	Colchester Harriers AC	125
11	W35	Sarah Norton	Benfleet Running Club	171	11	SM	Andy Jopson	Benfleet Running Club	129
12	W35	Joanne Ling	Billericay Striders RC	173	12	SM	Philip Smith	Springfield Striders RC	143
13	W35	Maria McQueenie	Phoenix Striders	257	13	SM	Chris Wayman	Benfleet Running Club	146
14	W35				14	SM	Jack Morris	Pitsea Running Club	185
15	W35				15	SM	Neil McGoun	Orion Harriers	221
16	W35				16	SM	Ewan McFarlane	Phoenix Striders	236
17	W35				17	SM	Callum Wallace	Southend-on-Sea AC	242
18	W35				18	SM	Jim Clark	Halstead RR	253
19	W35				19	SM	Richard Rowe	Havering AC	302
20	W35				20	SM	Andy Owen	Halstead RR	352
21	W35				21	SM	Joe McGrath	Basildon AC	409
22	W35				22	SM	Tony Collins	Havering AC	421
23	W35				23	SM	Chris Footer	Phoenix Striders	429
1	V40	Sullivan Smith	Cambridge & Coleridge AC	6	1	V40	Sullivan Smith	Cambridge & Coleridge AC	6
2	V40	Steve Rand	Havering AC	58	2	V40	Steve Rand	Havering AC	58
3	V40	Lee Taylor	Southend-on-Sea AC	59	3	V40	Lee Taylor	Southend-on-Sea AC	59
4	V40	Robin Tubbs	Chelmsford AC	96	4	V40	Robin Tubbs	Chelmsford AC	96
5	V40	Paul Holloway	Ilford AC	104	5	V40	Paul Holloway	Ilford AC	104
6	V40	Scott Rice	Thurrock Harriers	113	6	V40	Scott Rice	Thurrock Harriers	113
7	V40	Paul Rodgers	Colchester Harriers AC	117	7	V40	Paul Rodgers	Colchester Harriers AC	117
8	V40	Andy Low	Benfleet Running Club	117	8	V40	Andy Low	Benfleet Running Club	117
9	V40	Colin Read	Orion Harriers	120	9	V40	Colin Read	Orion Harriers	120
10	V40	Lee Martin	Springfield Striders RC	124	10	V40	Lee Martin	Springfield Striders RC	124
10	V40	Stuart Raven	Springfield Striders RC	128	10	V40	Stuart Raven	Springfield Striders RC	128
10	V40	Scott Dryden	Springfield Striders RC	132	10	V40	Scott Dryden	Springfield Striders RC	132
13	V40	Graham Booty	Benfleet Running Club	147	13	V40	Graham Booty	Benfleet Running Club	147
14	V40	Gary Chandler	Springfield Striders RC	150	14	V40	Gary Chandler	Springfield Striders RC	150
14	V40	Anthony Goodall	Springfield Striders RC	152	14	V40	Anthony Goodall	Springfield Striders RC	152
16	V40	Jon Nears	Colchester Harriers AC	156	16	V40	Jon Nears	Colchester Harriers AC	156
17	V40	Terry Spooner	Benfleet Running Club	160	17	V40	Terry Spooner	Benfleet Running Club	160
18	V40	Andy Wright	Billericay Striders RC	203	18	V40	Andy Wright	Billericay Striders RC	203
19	V40	Adrian Smith	Orion Harriers	203	19	V40	Adrian Smith	Orion Harriers	203
20	V40	Richard Candler	Halstead RR	217	20	V40	Richard Candler	Halstead RR	217
21	V40	Christian Holmes	Southend-on-Sea AC	237	21	V40	Christian Holmes	Southend-on-Sea AC	237
22	V40	Mark Buckley	Springfield Striders RC	239	22	V40	Mark Buckley	Springfield Striders RC	239
23	V40	Tim Wright	Orion Harriers	253	23	V40	Tim Wright	Orion Harriers	253
24	V40	Gary Atkins	Havering AC	259	24	V40	Gary Atkins	Havering AC	259
24	V40	Steve Walker	Havering AC	264	24	V40	Steve Walker	Havering AC	264
1	W55	Christine Deacon	Billericay Striders RC	131	1	W55	Christine Deacon	Billericay Striders RC	131
2	W55	Beryl De Smedt	Phoenix Striders	218	2	W55	Beryl De Smedt	Phoenix Striders	218
3	W55	Valerie Sinclair	Pitsea Running Club	224	3	W55	Valerie Sinclair	Pitsea Running Club	224
4	W55	Gillian Harrison	Pitsea Running Club	244	4	W55	Gillian Harrison	Pitsea Running Club	244
5	W55	Jackie Woodruffe	Thrift Green Trotters	257	5	W55	Jackie Woodruffe	Thrift Green Trotters	257
1	W65	Teresa Flannigan	East Essex Triathlon Club	267	1	W65	Teresa Flannigan	East Essex Triathlon Club	267
2	W65	Pam Jones	Ilford AC	296	2	W65	Pam Jones	Ilford AC	296

26	V40	Russell Goodridge	Colchester Harriers AC	281
27	V40	Myles Coulson	Braintree & District AC	299
28	V40	Graham Hogan	Havering AC	300
29	V40	Jon Byford	Springfield Striders RC	302
30	V40	Brian Venton	Benfleet Running Club	319
30	V40	Ian Pike	Benfleet Running Club	330
30	V40	Mike Grout	Benfleet Running Club	344
33	V40	Simon Morgan	Colchester Harriers AC	370
34	V40	Greg Wisken	Mid Essex Casuals	380
35	V40	James Price	Phoenix Striders	424
35	V40	Paul Agastina	Phoenix Striders	429
37	V40	Dennis Briggs	Ilford AC	441
38	V40	Matt Gillard	Southend-on-Sea AC	442
39	V40	Trevor Robinson	Loughton AC	451
40	V40	John Rex	Basildon AC	459
41	V40	Ian Chandler	Halstead RR	475
1	V50	Colin Ridley	Colchester Harriers AC	111
2	V50	Michael Bridgeland	Chelmsford AC	166
3	V50	Paul Spowage	Colchester Harriers AC	170
4	V50	Alec Kyriakides	Southend-on-Sea AC	178
5	V50	Paul Broome	Springfield Striders RC	219
6	V50	Don Lawless	Thurrock Harriers	226
7	V50	Alan Clark	Benfleet Running Club	237
8	V50	Peter West	Colchester Harriers AC	238
9	V50	Peter Tullett	Chelmsford AC	283
10	V50	Trevor Horncastle	Phoenix Striders	295
11	V50	Phil Olsen	Thrift Green Trotters	303
12	V50	David Findlay	Basildon AC	327
13	V50	Keith Thornton	Thrift Green Trotters	333
14	V50	Richard Bullis	Basildon AC	349
15	V50	Julian Catmull	Springfield Striders RC	373
16	V50	Kevin Kirby	Chelmsford AC	375
17	V50	Paul Williams	Orion Harriers	392
18	V50	Gary Bartlett	Orion Harriers	393
19	V50	Martin Orford	Phoenix Striders	404
20	V50	Neil Clark	Phoenix Striders	435
21	V50	Eddie Mills	Phoenix Striders	472
22	V50	Paul Williams	Pitsea Running Club	475
23	V50	Dave Lane	Phoenix Striders	493
24	V50	Dave Girt	Southend-on-Sea AC	555
1	V60	Bob Langley	Halstead RR	306
2	V60	Charlie Ritchie	Cambridge & Coleridge AC	315
3	V60	Peter Binns	Southend-on-Sea AC	327
4	V60	Tony Nixon	Ilford AC	344
5	V60	Ian Gill	East Essex Triathlon Club	390
6	V60	Ted Skinner	Ilford AC	432
7	V60	Brian Butcher	Mid Essex Casuals	456
8	V60	Peter Bates	Pitsea Running Club	534
9	V60	David Hobbs	Loughton AC	545