



Essex Cross Country League (4)

Sponsored by

<u>Braintree</u>			<u>U13 Girls</u>		<u>14-01-17</u>	
Pos	Name	Team	Time			
1	Abigail Ives	Basildon AC	10:	10		
2	Erin Little	Chelmsford AC		17		
3	Sydney Foley	Havering AC		49		
4	Natalie Sewell	Havering AC		57		
5	Milly Presland	Colchester Harriers AC	11:	01		
6	Sophie Magson	Harlow AC		06		
7	Demi Eaves	Thurrock Harriers		07		
8	Maisy Silverstone	Orion Harriers		20		
9	Daizy Harris	Basildon AC		23		
10	Kiera Bott	Basildon AC		00		
11	Ifeoma Okoh	Chelmsford AC		38		
12	Annie Grannell	Havering AC		42		
13	Samiya Aitmarri	Basildon AC		46		
14	Grace Holmes	Southend-on-Sea AC		49		
15	Holly Watson	Chelmsford AC		54		
16	Ellen Savidge	Harlow AC		58		
17	Hannah Peacock	Thurrock Harriers	12:	06		
18	Hannah Yexley	Havering AC		08		
19	Francesca Turner	Basildon AC		10		
20	Alice Atkins	Havering AC		14		
21	Ava Poulson	Havering AC		15		
22	Holly Bradley	Havering AC		24		
23	Maddie Barker	Havering AC		25		
24	Madeleine Claydon	Colchester Harriers AC		30		
25	Ella Witcher	Basildon AC		38		
26	Molly Redgrave	Colchester & Tendring AC		51		
27	Sophie Anderson	Southend-on-Sea AC		55		
28	Jessie Collier	Havering AC		56		
29	Lauren Hazle	Chelmsford AC		57		
30	Jane Elvin	Thurrock Harriers	13:	05		
31	Rebecca O'Rourke	Havering AC		06		
32	MacKenzie Cranfield	Harlow AC		07		
33	Katie Brennan	Harlow AC		08		
34	Morgan Romain	Havering AC		12		
35	Leah Brewer	Thurrock Harriers		12		
36	Rose Mears	Havering AC		12		
37	Katie Brazier	Chelmsford AC		21		
38	Jessica Turner	Basildon AC		24		
39	Anna Leinemann	Discovery Triathlon Club		33		
40	Madeline Booty	Thurrock Harriers		39		

Pos	Name	Team	Time	
41	Jemima Maidment	Orion Harriers	14:	11
42	Ruby Scaife	Orion Harriers	15:	19
43	Eve Smith	Orion Harriers		50
44	Daisy Bulmore	Colchester Harriers AC	16:	10

Teams

1	Basildon AC	33
2	Havering AC	37
3	Chelmsford AC	57
4	Harlow AC	87
5	Thurrock Harriers	89
6	Orion Harriers	134
7	Colchester Harriers AC	73 (3)
8	Southend-on-Sea AC	41 (2)
9	Colchester & Tendring AC	26 (1)
10	Discovery Triathlon Club	39 (1)

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<u>Braintree</u>		<u>U13 Boys</u>	<u>14-01-17</u>	
Pos	Name	Team	Time	
1	Alex Ford	Havering AC	10:	06
2	Aidan Cahill	Braintree & District AC		09
3	Miles Benyan	Cambridge & Coleridge AC		15
4	Finn McGrath	Cambridge & Coleridge AC		20
5	Daniel Houchell	Basildon AC		20
6	Luke Randall	Southend-on-Sea AC		21
7	Harry Jackson	Basildon AC		24
8	Matthew Hick	Ilford AC		26
9	Toby Linsell	Southend-on-Sea AC		31
10	Dylan Harrod	Thurrock Harriers		36
11	Matthew Blacklock	Havering AC		44
12	Archie Conners	Benfleet Running Club		48
13	Luke Pullen	Southend-on-Sea AC		51
14	Fred Tall	Southend-on-Sea AC		52
15	Lenny Houston	Havering AC		53
16	Kyle Gill	East Essex Triathlon Club	11:	04
17	Sunny Vehit	Thurrock Harriers		11
18	Oliver Yexley	Havering AC		16
19	Kai Lovelock	Thurrock Harriers		18
20	Shane Hart	Havering AC		21
21	Jayden Gwaza	Basildon AC		23
22	Thomas Woodward	Chelmsford AC		28
23	Alex Kerr	Havering AC		33
24	Sam Bradley	Havering AC		35
25	Callum Basinger	Havering AC		40
26	Charlie Knowler	Cambridge & Coleridge AC		50
27	Michael Knowles	Colchester & Tendring AC	12:	01
28	Lawrence Martin	Chelmsford AC		03
29	Cooper Mills	Chelmsford AC		10
30	Timi McDaniel	Havering AC		14
31	Alex Hawney	Basildon AC		17
32	Harry Moore	Thurrock Harriers		24
33	Ellis Wright	Basildon AC		55
34	Leo Gershen	Basildon AC	13:	03
35	Charlie Parmenter	Colchester Harriers AC		08
36	Liam Gibney	East Essex Triathlon Club		20
37	Kian Hewer	Basildon AC		50

Teams	
1	Southend-on-Sea AC 42
2	Havering AC 45
3	Basildon AC 64
4	Thurrock Harriers 78
5	Cambridge & Coleridge AC 33 (3)
6	Chelmsford AC 79 (3)
7	East Essex Triathlon Club 52 (2)
8	Braintree & District AC 2 (1)
9	Ilford AC 8 (1)
10	Benfleet Running Club 12 (1)
11	Colchester & Tendring AC 27 (1)
12	Colchester Harriers AC 35 (1)

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<u>Braintree</u>		<u>U15 Girls</u>	<u>14-01-17</u>
Pos	Name	Team	Time
1	Hayley Instance	Thurrock Harriers	13: 52
2	Molly Sweetman	Havering AC	14: 03
3	Grace Burrell	Basildon AC	21
4	Faye Sweeting	Chelmsford AC	25
5	Martha Smith	Chelmsford AC	33
6	Savanna Sirkett	Harlow AC	15: 08
7	Lily Bath	Havering AC	14
8	Hollie Rex	Basildon AC	22
9	Keirra Scott	Basildon AC	37
10	Natalie Smith	East Essex Triathlon Club	38
11	Hannah Phipps	Basildon AC	44
12	Abigail Kerr	Braintree & District AC	54
13	Zoe Rutter	Harlow AC	16: 07
14	Lucy Aitchinson	Chelmsford AC	18
15	Becci Leddy	Orion Harriers	19
16	Molly Bath	Havering AC	24
17	Sophie Wetheridge	Basildon AC	26
18	Tia Cocca	Chelmsford AC	35
19	Sasha Clark	Cambridge & Coleridge AC	41
20	Mollie Whitford	Colchester Harriers AC	42
21	Georgia Tombs	Chelmsford AC	46
22	Lena Leinemann	Discovery Triathlon Club	53
23	Kate Walker	Havering AC	17: 13
24	Grace Malcolm	Harlow AC	14
25	Emily Fall	Thurrock Harriers	17
26	Hannah Rodgers	Colchester Harriers AC	18
27	Rosie Shaw	Orion Harriers	33
28	Charlotte Grant	Orion Harriers	36
29	Chloe Morter	Havering AC	52
30	Isabella Minder	Colchester Harriers AC	18: 12
31	Lucy Priestley	Havering AC	46
32	Claudia Watts	Braintree & District AC	57
33	Mairi Malcolm	Harlow AC	19: 08

Teams		
1	Basildon AC	31
2	Chelmsford AC	41
3	Havering AC	48
4	Harlow AC	76
5	Orion Harriers	70 (3)
6	Colchester Harriers AC	76 (3)
7	Thurrock Harriers	26 (2)
8	Braintree & District AC	44 (2)
9	East Essex Triathlon Club	10 (1)
10	Cambridge & Coleridge AC	19 (1)
11	Discovery Triathlon Club	22 (1)

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<u>Braintree</u>			<u>U15 Boys</u>	<u>14-01-17</u>
Pos	Name	Team		Time
1	Leon Wheeler	Thurrock Harriers		12: 15
2	Daniel Riley	Basildon AC		30
3	Aaron Samuel	Ilford AC		37
4	Max Caulfield	Colchester Harriers AC		53
5	Mungo Prior	Ilford AC		54
6	Sam Wheatley	Southend-on-Sea AC	13:	07
7	Danny Millward	Colchester Harriers AC		08
8	Matthew Warner	Southend-on-Sea AC		10
9	Luke Meridew	Basildon AC		13
10	Luke Savage	Basildon AC		19
11	Alex Friend	Havering AC		23
12	Jay Shotter	Orion Harriers		24
13	Ben Prior	Thurrock Harriers		28
14	Finnlay Lowe	Thurrock Harriers		37
15	Ziggy Lambton	Colchester Harriers AC		39
16	George Hill	Basildon AC		40
17	Jamie Putt	Harlow AC		43
18	James Wright	Basildon AC		44
19	Issac Dodd	Southend-on-Sea AC		53
20	Dominic Jarvis	Havering AC	14:	11
21	Jack Saunders	Basildon AC		15
22	Louis Berrett	Havering AC		26
23	Tyler Wiltshire	Braintree & District AC		28
24	Henri Willett	Thurrock Harriers		31
25	Ben Podd	Chelmsford AC		39
26	Mark Beale	Chelmsford AC		44
27	Billy Saunders	Basildon AC		46
28	Bradley Deacon	Ilford AC	15:	01
29	Ben Naish	Havering AC		07
30	Henry Jones	Orion Harriers		10
31	Cassidy Dike	Guest 3		12
32	Luke Chester	Havering AC		14
33	Sam Tremelling	Chelmsford AC		15
34	Scott Thomas	Chelmsford AC		18
35	Zach Bridgeland	Chelmsford AC		21
36	Jake Long	Havering AC		29
37	George Curtis	Chelmsford AC		54
38	Haydn Hawkins	Braintree & District AC	16:	16
39	Reece Debenham	Havering AC		35
40	Ethan Hunter	Chelmsford AC	17:	02

Teams			
1	Basildon AC		37
2	Thurrock Harriers		52
3	Havering AC		82
4	Chelmsford AC		118
5	Colchester Harriers AC	26	(3)
6	Southend-on-Sea AC	33	(3)
7	Ilford AC	36	(3)
8	Orion Harriers	42	(2)
9	Braintree & District AC	61	(2)
10	Harlow AC	17	(1)

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Essex Cross Country League (4)

<u>Braintree</u>			<u>U17/20 Women</u>	<u>14-01-17</u>
Pos	Age	Name	Team	Time
1	U17	Jessica Mitchell	Havering AC	17: 20
2	U17	Kate O'Neill	Havering AC	31
3	U17	Rachel Broome	Chelmsford AC	53
4	U17	Sinead Clark	Benfleet Running Club	18: 17
5	U17	Lottie Rowedder	Harlow AC	26
6	U17	Jo Rimmington	Southend-on-Sea AC	46
7	U17	Mary Ann Deasy	Colchester & Tendring AC	19: 14
8	U20	Lydia Callan	Chelmsford AC	48
9	U17	Jenna Williams	Southend-on-Sea AC	53
10	U17	Abby Rex	Basildon AC	20: 13
11	U17	Jordan Hinds	Ilford AC	48
12	U17	Catherine Barker	Havering AC	21: 02
13	U17	Genevieve Pate	Benfleet Running Club	31
14	U17	Ella Knight	Discovery Triathlon Club	32
15	U17	Mia Slessor	Southend-on-Sea AC	40
16	U17	Lucie Ball	Thurrock Harriers	43
17	U17	Iona Doyle	Southend-on-Sea AC	22: 35
18	U17	Ellen Williams	Southend-on-Sea AC	43
19	U17	Elidh Malcolm	Harlow AC	54
20	U17	Natasha Walter	Southend-on-Sea AC	55
21	U17	Emily James	Havering AC	24: 25

Teams			
1	Havering AC	36	
2	Southend-on-Sea AC	47	
3	Chelmsford AC	11	(2)
4	Benfleet Running Club	17	(2)
5	Harlow AC	24	(2)
6	Colchester & Tendring AC	7	(1)
7	Basildon AC	10	(1)
8	Ilford AC	11	(1)
9	Discovery Triathlon Club	14	(1)
10	Thurrock Harriers	16	(1)

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<u>Braintree</u>		<u>U17 Men</u>	<u>14-01-17</u>
Pos	Name	Team	Time
1	Joseph Owen	Orion Harriers	18: 15
2	Lewis Harknett	Harlow AC	57
3	Ben Miller	Colchester & Tendring AC	19: 22
4	Isaac Brown	Basildon AC	35
5	Sam Norris	Southend-on-Sea AC	43
6	Freddy Richardson	Colchester & Tendring AC	20: 03
7	Lewis Debenham	Havering AC	11
8	Joe Logan	Thurrock Harriers	28
9	Drew Olley	Colchester Harriers AC	37
10	Luke Gill	East Essex Triathlon Club	45
11	Oliver Bath	Havering AC	53
12	Harry Smith	Southend-on-Sea AC	59
13	Nebay Debesay	Braintree & District AC	21: 04
14	Tom Stuttle	Southend-on-Sea AC	06
15	Oliver Randall	Southend-on-Sea AC	07
16	Taylor Newell	Thurrock Harriers	13
17	Owen Harknett	Harlow AC	19
18	William Jones	Orion Harriers	22
19	Fergus Crouch	Colchester Harriers AC	30
20	Matt Norris	Southend-on-Sea AC	34
21	Matthew Houchell	Basildon AC	39
22	William Lynes	Braintree & District AC	22: 03
23	Callum Liasi	Benfleet Running Club	26
24	George Applewhite	Basildon AC	23: 05

Teams	Time
1 Southend-on-Sea AC	46
2 Basildon AC	49 (3)
3 Colchester & Tendring AC	9 (2)
4 Havering AC	18 (2)
5 Harlow AC	19 (2)
6 Orion Harriers	19 (2)
7 Thurrock Harriers	24 (2)
8 Colchester Harriers AC	28 (2)
9 Braintree & District AC	35 (2)
10 East Essex Triathlon Club	10 (1)
11 Benfleet Running Club	23 (1)

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<u>Braintree</u>		<u>Senior Women</u>	<u>14-01-17</u>	
Pos	Age	Name	Team	Time
1	W35	Liz Davies	Springfield Striders RC	19: 39
2	SW	Clare Thurgood	Orion Harriers	20: 56
3	W35	Sally Judd	Chelmsford AC	21: 07
4	SW	Laura Brooks	Basildon AC	19
5	SW	Anna Whitfield	Basildon AC	42
6	SW	Rebecca Luxton	Chelmsford AC	49
7	W35	Hayley Hawes	East Essex Triathlon Club	22: 02
8	W45	Wendy King	Chelmsford AC	34
9	W35	Sam Bilbie	Springfield Striders RC	38
10	SW	Nicola Bredin	Basildon AC	23: 05
11	W35	Debbie Appleton	Havering AC	36
12	SW	Natalie Kipps	Orion Harriers	42
13	W35	Hayley Rogerson	Orion Harriers	46
14	W35	Louise Douglass	Basildon AC	48
15	W45	Christine Howard	Billericay Striders RC	49
16	W45	Alison Trauttmansdorff	Orion Harriers	58
17	W45	Jacqui Watson	Benfleet Running Club	03
18	W35	Carrie Bedingfield	Cambridge & Coleridge AC	12
19	SW	Rachel Dale	Colchester Harriers AC	20
20	W35	Natasha Lagden	Southend-on-Sea AC	27
21	W45	Joanne Smith	Chelmsford AC	39
22	SW	Eleanor Johnson	Basildon AC	47
23	SW	Holly Gillard	Southend-on-Sea AC	55
24	W35	Mary Knapman	Loughton AC	25: 32
25	W35	Jo Sullivan	Havering AC	47
26	SW	Hazel Buist	Halstead RR	56
27	W35	Kathleen Short	Thrift Green Trotters	26: 06
28	SW	Rosie Atkins	Halstead RR	13
29	W35	Allison Taylor	Orion Harriers	14
30	W45	Nicki Leigh	Benfleet Running Club	22
31	W35	Sue Cribbs	Southend-on-Sea AC	24
32	W35	Liz Maidment	Orion Harriers	26
33	W45	Lorna Gaffney	Loughton AC	31
34	W45	Paula Purtell	Mid Essex Casuals	38
35	W45	Nicola Hopkinson	Ilford AC	48
36	W35	Joanne Reeves	Havering AC	56
37	W35	Melanie Candler	Halstead RR	57
38	W35	Teresa Woodruffe	Mid Essex Casuals	27: 09
39	W55	Christine Deacon	Billericay Striders RC	17
40	W35	Sharon Alexander	Braintree & District AC	42
41	SW	Deborah Williams	Cambridge & Coleridge AC	43
42	W45	Lorna Pettifer	Mid Essex Casuals	47
43	W35	Gina Bianchi	Orion Harriers	28: 00
44	W35	Kelly McClenaghan	Benfleet Running Club	05
45	W35	Debbielyn Hallam	Southend-on-Sea AC	08

<u>Division 1 Teams (4 to score)</u>	
1	Basildon AC 33
2	Chelmsford AC 38
3	Orion Harriers 43
4	Southend-on-Sea AC 119
5	Springfield Striders RC 127
6	Benfleet Running Club 148
7	Phoenix Striders 219
8	Thrift Green Trotters 251
9	Cambridge & Coleridge AC 130 (3)
10	Ilford AC 137 (3)
11	Colchester Harriers AC 70 (2)

<u>Division 2 Teams (4 to score)</u>	
1	Havering AC 127
2	Halstead RR 139
3	Mid Essex Casuals 172
4	Loughton AC 226
5	Billericay Striders RC 107 (3)
6	Pitsea Running Club 220 (3)
7	East Essex Triathlon Club 7 (1)
8	Braintree & District AC 40 (1)

<u>Veteran Team Result (3 to score)</u>	
1	Chelmsford AC 32
2	Orion Harriers 58
3	Springfield Striders RC 66
4	Havering AC 72
5	Benfleet Running Club 91
6	Southend-on-Sea AC 96
7	Billericay Striders RC 107
8	Mid Essex Casuals 114
9	Loughton AC 136
10	Halstead RR 150
11	Phoenix Striders 155
12	Thrift Green Trotters 179
13	Pitsea Running Club 220
14	Basildon AC 61 (2)
15	Ilford AC 85 (2)
16	East Essex Triathlon Club 7 (1)
17	Cambridge & Coleridge AC 18 (1)
18	Braintree & District AC 40 (1)
19	Colchester Harriers AC 51 (1)

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Pos	Age	Name	Team	Time
46	W45	Ruth Roberts	Phoenix Striders	28: 19
47	W45	Mandy Wetheridge	Basildon AC	25
48	W45	Wendy Carter	Halstead RR	33
49	W45	Jo Pearce	Phoenix Striders	40
50	W45	Dianne Crisp	Ilford AC	43
51	W55	Toni Wilson	Colchester Harriers AC	46
52	SW	Jenni Sheenan	Ilford AC	29: 03
53	W55	Wendy Read	Billericay Striders RC	11
54	W45	Sue Crompton	Southend-on-Sea AC	22
55	W55	Lesley Gahagan	Havering AC	: 23
56	W45	Allison Gillan	Springfield Striders RC	25
57	W35	Sarah Norton	Benfleet Running Club	27
58	W45	Sharon Skidmore	Mid Essex Casuals	30
59	W45	Mandy Cooper	Benfleet Running Club	34
60	W45	Lynsey Gray	Phoenix Striders	44
61	W35	Deborah Hitching	Springfield Striders RC	46
62	W55	Helen Williams	Pitsea Running Club	53
63	W45	Annette Johnson	Benfleet Running Club	30: 01
64	W55	Beryl De Smedt	Phoenix Striders	08
65	W35	Nicole Smith	Halstead RR	09
66	W45	Elaine Tribbley	Springfield Striders RC	10
67	W45	Tracy O'Neill	Havering AC	16
68	W45	Rebecca Taylor	Southend-on-Sea AC	23
69	W35	Liane Connors	Benfleet Running Club	30
70	W35	Julie Wilson	Thrift Green Trotters	32
71	SW	Katey Ross	Cambridge & Coleridge AC	46
72	SW	Vicki Calleja	Thrift Green Trotters	50
73	SW	Holly Thompson	Springfield Striders RC	51
74	SW	Anna Luff	Springfield Striders RC	31: 00
75	SW	Grace Reeman	Phoenix Striders	05
76	W45	Sarah Goodwin	Springfield Striders RC	17
77	W35	Sarah Knowles	Springfield Striders RC	22
78	W55	Valerie Sinclair	Pitsea Running Club	36
79	W65	Jean Hobbs	Loughton AC	55
80	W55	Gillian Harrison	Pitsea Running Club	32: 19
81	W35	Vicky Robins	Springfield Striders RC	43
82	W55	Jackie Woodruffe	Thrift Green Trotters	44
83	W45	Nicola Maslen	Phoenix Striders	48
84	W35	Treena Harrington	Halstead RR	33: 03
85	W55	Julie Peacock	Mid Essex Casuals	12
86	W35	Judith Pugh	Springfield Striders RC	21
87	SW	Sarah Frost	Halstead RR	28
88	W35	Maria McQueenie	Phoenix Striders	34: 05
89	SW	Jenn Langley	Halstead RR	35: 02
90	W45	Michaela Davis	Loughton AC	36: 3

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<u>Braintree</u>			<u>Senior Men</u>	<u>14-01-17</u>		
Pos	Age	Name	Team	Time	Division 1	Teams
1	V40	Sullivan Smith	Cambridge & Coleridge AC	24: 16		1 Springfield Striders RC 103
2	SM	Rob Warner	Havering AC	: 26		2 Chelmsford AC 177
3	SM	Ryan Prout	Chelmsford AC	: 50		3 Orion Harriers 188
4	SM	Mark Sanford	Chelmsford AC	25: 00		4 Colchester Harriers AC 235
5	U20	Harrison Smith	Basildon AC	: 11		5 Benfleet Running Club 276
6	SM	Alec Finch	Thurrock Harriers	: 20		6 Havering AC 330
7	U20	Max Jones	Basildon AC	: 35		7 Ilford AC 514
8	U20	Brandon Thorpe	Basildon AC	: 44		8 Phoenix Striders 668
9	V40	Malcolm Muir	Ilford AC	: 45		9 Southend-on-Sea AC 330 (5)
10	SM	James Smith	Springfield Striders RC	: 49		10 Basildon AC 76 (4)
11	SM	Carl Fiford	Orion Harriers	: 51		11 Thrift Green Trotters 299 (3)
12	U20	Jordan Christofomou	Orion Harriers	26: 00		12 Pitsea Running Club 346 (3)
13	V40	Lee Taylor	Southend-on-Sea AC	: 15		
14	SM	Richard Park	Cambridge & Coleridge AC	: 17	Division 2	Teams
15	V40	Greg Deacon	Springfield Striders RC	: 21		1 Thurrock Harriers 308
16	SM	Tom Cammack	Springfield Striders RC	: 28		2 Cambridge & Coleridge AC 331
17	SM	Charlie Parker	Southend-on-Sea AC	: 35		3 Halstead RR 551
18	SM	Alex Manton	Springfield Striders RC	: 36		4 Mid Essex Casuals 614 (5)
19	V40	Allen Smalls	Colchester Harriers AC	: 39		5 Braintree & District AC 258 (4)
20	SM	Chris Burgoyne	Springfield Striders RC	: 47		6 Billericay Striders RC 309 (4)
21	U20	William Page	Colchester & Tendring AC	: 50		7 Loughton AC 276 (2)
22	U20	Dan Richards	Orion Harriers	: 51		8 Colchester & Tendring AC 21 (1)
23	U20	Samuel Smith	Thurrock Harriers	: 56		9 East Essex Triathlon Club 111 (1)
24	SM	Russell Davies	Springfield Striders RC	27: 00		
25	V40	Andy Low	Benfleet Running Club	: 09		Veteran Team Result (4 to score)
26	SM	Cameron Humphries	Colchester Harriers AC	: 10		1 Springfield Striders RC 135
27	SM	Timothy Woulfe	Braintree & District AC	: 13		2 Colchester Harriers AC 146
28	SM	Kurtis Swan	Billericay Striders RC	: 13		3 Benfleet Running Club 195
29	V40	Robin Tubbs	Chelmsford AC	: 16		4 Ilford AC 237
30	SM	Peter Robinson	Springfield Striders RC	: 20		5 Chelmsford AC 294
31	SM	George Watts	Benfleet Running Club	: 21		6 Orion Harriers 304
32	SM	Steve Mason	Cambridge & Coleridge AC	: 22		7 Thurrock Harriers 306
33	U20	James Stewart	Havering AC	: 23		8 Southend-on-Sea AC 313
34	V40	Paul Holloway	Ilford AC	: 28		9 Havering AC 326
35	V40	Colin Read	Orion Harriers	: 30		10 Halstead RR 434
36	V40	Paul Rodgers	Colchester Harriers AC	: 32		11 Phoenix Striders 453
37	V40	Anthony Goodall	Springfield Striders RC	: 28		12 Mid Essex Casuals 467
38	SM	Reece Asik	Chelmsford AC	: 43		13 Cambridge & Coleridge AC 232 (3)
39	SM	James Wright	Springfield Striders RC	: 45		14 Billericay Striders RC 281 (3)
40	U20	Shailen White	Orion Harriers	: 49		15 Thrift Green Trotters 299 (3)
41	V40	Paul Dobson	Springfield Striders RC	: 51		16 Loughton AC 276 (2)
42	V40	Stuart Raven	Springfield Striders RC	: 56		17 Pitsea Running Club 294 (2)
43	V40	Scott Rice	Thurrock Harriers	: 57		18 Braintree & District AC 102 (1)
44	V40	Scott Dryden	Springfield Striders RC	: 59		19 East Essex Triathlon Club 111 (1)
45	V40	Jon Nears	Colchester Harriers AC	28: 02		
46	V50	Colin Ridley	Colchester Harriers AC	: 07		
47	SM	Paul Miles	Springfield Striders RC	: 09		
48	SM	Lee Pickering	Chelmsford AC	: 16		
49	V40	Gary Chandler	Springfield Striders RC	: 23		
50	V50	Alec Kyriakides	Southend-on-Sea AC	: 26		
51	V40	Graham Booty	Benfleet Running Club	: 31		
52	SM	Jack Morris	Pitsea Running Club	: 42		
53	SM	Iain Wood	Cambridge & Coleridge AC	: 43		
54	SM	Chris Wayman	Benfleet Running Club	: 48		
55	V50	Michael Bridgeland	Chelmsford AC	: 52		

Pos	Age	Name	Team	Time
56	U20	Christian Gray	Basildon AC	: 56
57	U20	Eddy Cooper	Benfleet Running Club	: 58
58	V40	Terry Spooner	Benfleet Running Club	: 59
59	V50	Paul Jeggo	Springfield Striders RC	29: 06
60	V50	Paul Broome	Springfield Striders RC	: 24
61	V50	Alan Clark	Benfleet Running Club	: 25
62	U20	Ben Holdgate	Braintree & District AC	: 30
63	SM	Andrew Lovelock	Colchester Harriers AC	: 32
64	V40	Matt Bland	Havering AC	: 34
65	SM	Wesley Atkins	Halstead RR	: 40
66	V40	Andy Wright	Billericay Striders RC	: 46
67	U20	Conor Culham	Braintree & District AC	: 51
68	SM	Neil McGoun	Orion Harriers	: 52
69	V40	Keith Willett	Thurrock Harriers	: 54
70	U20	Kieran O'Hara	Havering AC	: 56
71	V50	Neil Crisp	Ilford AC	: 57
72	V40	Darren Sutton	Springfield Striders RC	30: 00
73	V40	Gary Atkins	Havering AC	: 01
74	V50	Peter West	Colchester Harriers AC	: 06
75	V50	Don Lawless	Thurrock Harriers	: 12
76	V40	Mark Buckley	Springfield Striders RC	: 15
77	V40	Tim Wright	Orion Harriers	: 24
78	V50	Richard Jones	Benfleet Running Club	: 30
79	V40	Lloyd Miles	Billericay Striders RC	: 34
80	SM	Gavin Scanlan	Colchester Harriers AC	: 39
81	V40	Richard Candler	Halstead RR	: 43
82	V40	Adrian Smith	Orion Harriers	: 49
83	V40	Chris Seymour	Mid Essex Casuals	: 50
84	V50	Leo Cole	Non-scorer	: 55
85	SM	Ewan McFarlane	Phoenix Striders	31: 01
86	SM	Jim Clark	Halstead RR	: 03
87	V40	Russell Goodridge	Colchester Harriers AC	: 09
88	V40	Steve Walker	Havering AC	: 13
89	V40	Brian Venton	Benfleet Running Club	: 21
90	V40	Jon Byford	Springfield Striders RC	: 27
91	V50	Chris Purse	Springfield Striders RC	: 31
92	SM	Tim Martin	Thurrock Harriers	: 36
93	V50	Keith Thornton	Thrift Green Trotters	: 39
94	V50	Trevor Horncastle	Phoenix Striders	: 46
95	V50	Peter Tullett	Chelmsford AC	: 53
96	SM	Chris Jones	Benfleet Running Club	: 56
97	V60	Bob Langley	Halstead RR	32: 04
98	V40	Ian Pike	Benfleet Running Club	: 11
99	V50	Phil Olsen	Thrift Green Trotters	: 12
100	V40	Mike Grout	Benfleet Running Club	: 22
101	V40	Graham Hogan	Havering AC	: 31
102	V40	Myles Coulson	Braintree & District AC	: 33
103	SM	Martin Reynolds	Orion Harriers	: 34
104	V60	Charlie Ritchie	Cambridge & Coleridge AC	: 43
105	SM	Dan Hollinshead	Halstead RR	33: 11
106	V60	Peter Binns	Southend-on-Sea AC	: 14
107	V40	Danny Ward	Thrift Green Trotters	: 20
108	V50	Julian Catmull	Springfield Striders RC	: 22
109	V40	Simon Morgan	Colchester Harriers AC	: 27
110	V40	Danny Fitzsimons	Orion Harriers	: 33

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Pos	Age	Name	Team	Time
111	V60	Ian Gill	East Essex Triathlon Club	: 35
112	V50	Grant Corton	Orion Harriers	34: 01
113	V50	Carl Easton	Phoenix Striders	: 03
114	V40	Roy Perrott	Orion Harriers	: 05
115	V50	Kevin Kirby	Chelmsford AC	: 06
116	V40	Kevin Frost	Mid Essex Casuals	: 11
117	SM	Andy Owen	Halstead RR	: 22
118	V50	Mark Jeffrey	Springfield Striders RC	: 53
119	V40	Nigel Instance	Thurrock Harriers	: 56
120	V40	John Russell	Phoenix Striders	: 57
121	V50	Gary Bartlett	Orion Harriers	35: 02
122	V50	Simon King	Halstead RR	: 20
123	V40	Dennis Briggs	Ilford AC	: 23
124	SM	Tony Collins	Havering AC	: 36
125	V50	Paul Williams	Orion Harriers	: 58
126	V50	Martin Orford	Phoenix Striders	36: 09
127	V70	Glyn Smith	Cambridge & Coleridge AC	: 13
128	V50	John Clarke	Mid Essex Casuals	: 22
129	V50	Chris Sewell	Springfield Striders RC	: 30
130	V40	James Price	Phoenix Striders	: 56
131	V50	Neil Clark	Phoenix Striders	37: 28
132	SM	Chris Footer	Phoenix Striders	: 31
133	V50	Dave Lane	Phoenix Striders	: 36
134	V50	Andy Carter	Halstead RR	: 57
135	V40	Trevor Robinson	Loughton AC	38: 01
136	V50	Ian Carmichael	Billericay Striders RC	: 33
137	V40	Andy Hind	Springfield Striders RC	39: 41
138	V60	Ted Skinner	Ilford AC	40: 45
139	V60	Robert Seargent	Ilford AC	41: 14
140	V60	Brian Butcher	Mid Essex Casuals	: 21
141	V60	David Hobbs	Loughton AC	: 31
142	V50	Mark Moughton	Springfield Striders RC	: 57
143	V50	John Wilkinson	Phoenix Striders	42: 14
144	V50	Angus Aldridge	Southend-on-Sea AC	: 47
145	V50	Eddie Mills	Phoenix Striders	: 50
146	V50	Paul Williams	Pitsea Running Club	43: 06
147	V60	Mike Munson	Mid Essex Casuals	: 39
148	V60	Peter Bates	Pitsea Running Club	: 36

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