

### Individual positions after three fixtures (best two scores)

Pos	Cat	Athlete	Team	Pts
1	U13 G	Erin Little	Chelmsford AC	2
2	U13 G	Maisy Silverstone	Orion Harriers	5
3	U13 G	Kiera Atkinson	Chelmsford AC	8
3	U13 G	Freya Seymour	Basildon AC	8
5	U13 G	Stephanie Okoro	Havering AC	9
6	U13 G	Nneka Okoh	Chelmsford AC	10
6	U13 G	Holly Watson	Chelmsford AC	10
8	U13 G	Chloe Rand	Havering AC	11
9	U13 G	Ellie Loosley	Cambridge & Coleridge AC	14
10	U13 G	Matilda Canty	Havering AC	15
10	U13 G	Jayne Elvin	Thurrock Harriers	15
12	U13 G	Ruby Muffett	Southend-on-Sea AC	18
13	U13 G	Grace Holmes	Southend-on-Sea AC	21
13	U13 G	Madeline Barker	Havering AC	21
15	U13 G	Francesca Turner	Basildon AC	22
15	U13 G	Freya Long	Havering AC	22
17	U13 G	Millie Costin	Basildon AC	33
18	U13 G	Hannah Warner	Southend-on-Sea AC	35
18	U13 G	Katie Lee	Harlow AC	35
20	U13 G	Rosie Spring	Thurrock Harriers	36
21	U13 G	Sophie Foot	Orion Harriers	40
21	U13 G	Libby Gosling	Orion Harriers	40
23	U13 G	Kate Ruane	Havering AC	44
24	U13 G	Heidi Aylen	Havering AC	46
25	U13 G	Erin Vernon	Benfleet Running Club	47
26	U13 G	Anna Leinemann	Discovery Triathlon Club	48
27	U13 G	Jessica Turner	Basildon AC	49
28	U13 G	Verity Garcia	Orion Harriers	52
28	U13 G	Lucia De Cristofano	Benfleet Running Club	52
30	U13 G	Mabel Cowley	Basildon AC	55
31	U13 G	Elizabeth Sole	Southend-on-Sea AC	58
32	U13 G	Amelia Jones	Southend-on-Sea AC	61
32	U13 G	Rebekah Long	Chelmsford AC	61
34	U13 G	Lauren Holmes	Basildon AC	64
35	U13 G	Sophia Stephanou	Havering AC	71
36	U13 G	Leah Hampson-Long	Benfleet Running Club	75
37	U13 G	Isabelle Bartlett	Havering AC	76
38	U13 G	Daisy Bullamore	Colchester Harriers AC	82

Pos	Cat	Athlete	Team	Pts
1	U13 B	Matthew Blacklock	Havering AC	2
2	U13 B	Henry Dover	Colchester & Tendring AC	5
3	U13 B	Will Steadman	Chelmsford AC	6
4	U13 B	Ronan Longman-Young	Benfleet Running Club	10
5	U13 B	William Nuttall	Chelmsford AC	13
6	U13 B	Shane Hart	Havering AC	16
6	U13 B	Cooper Mills	Chelmsford AC	16
8	U13 B	Matthew Hick	Ilford AC	17
9	U13 B	Harrison Thorpe	Basildon AC	20

### Individual positions after three fixtures (best two scores)

10	U13 B	Thomas Wood	Braintree & District AC	21
11	U13 B	Jacob Alexander	Chelmsford AC	22
12	U13 B	Oliver Prince	Braintree & District AC	23
13	U13 B	Daniel Zailer-Fletcher	Cambridge & Coleridge AC	25
14	U13 B	Callum Basinger	Havering AC	27
14	U13 B	Joseph Perry	Chelmsford AC	27
16	U13 B	Ben Stokes	Basildon AC	29
17	U13 B	Lawrence Martin	Chelmsford AC	30
18	U13 B	Thomas Peacock	Thurrock Harriers	35
18	U13 B	Harry Tobin	Thurrock Harriers	35
20	U13 B	Harry Elgar	Southend-on-Sea AC	37
21	U13 B	Alex Kerr	Havering AC	40
21	U13 B	Harry Cossington	Havering AC	40
23	U13 B	Onyekachukwu Okoh	Chelmsford AC	45
24	U13 B	Hugo Jones	Southend-on-Sea AC	46
25	U13 B	Jack Edwards	Basildon AC	48
25	U13 B	Alistair Moscuza	Braintree & District AC	48
27	U13 B	Matthew Collins	Southend-on-Sea AC	51
28	U13 B	Kieran Rodd	Southend-on-Sea AC	52
29	U13 B	Jack Rushworth	Harlow AC	53
30	U13 B	Charlie Parmenter	Colchester Harriers AC	54
31	U13 B	Dominic Gal	Southend-on-Sea AC	59
32	U13 B	James Tudor	Havering AC	69
33	U13 B	Benedict Heath	Benfleet Running Club	71
34	U13 B	Ryan McCarthy	Havering AC	76
35	U13 B	Archie Winney	Havering AC	77
35	U13 B	Liam Keevil	Basildon AC	77

### Individual positions after three fixtures (best two scores)

Pos	Cat	Athlete	Team	Pts
1	U15 G	Demi Eves	Thurrock Harriers	3
1	U15 G	Sydney Foley	Havering AC	3
3	U15 G	Megan Harris	Basildon AC	5
4	U15 G	Matilda Taylor	Cambridge & Coleridge AC	6
5	U15 G	Milly Presland	Colchester Harriers AC	7
6	U15 G	Frances Haines	Cambridge & Coleridge AC	9
7	U15 G	Sophie Wetheridge	Basildon AC	11
8	U15 G	Faye Sweeting	Chelmsford AC	14
9	U15 G	Sophie Magson	Orion Harriers	15
10	U15 G	Lauryn Wood	Chelmsford AC	18
10	U15 G	Daizy Harris	Basildon AC	18
12	U15 G	Millie Robson	Cambridge & Coleridge AC	21
13	U15 G	Martha Smith	Chelmsford AC	22
13	U15 G	Madison Harris	Basildon AC	22
15	U15 G	Hannah Bolton	Chelmsford AC	23
16	U15 G	Sarah Blockley	Thurrock Harriers	24
17	U15 G	Georgia Tombs	Chelmsford AC	25
18	U15 G	Amelie Maris	Cambridge & Coleridge AC	27
19	U15 G	Natalie Smith	East Essex Triathlon Club	32
20	U15 G	Isabel Judd	Basildon AC	34
21	U15 G	Sasha Clark	Cambridge & Coleridge AC	36
22	U15 G	Rebecca O'Rourke	Havering AC	37
23	U15 G	Tia Cocca	Chelmsford AC	39
24	U15 G	Sasha Whiley	Chelmsford AC	40
25	U15 G	Madeleine Claydon	Colchester Harriers AC	41
25	U15 G	Hollie Rex	Basildon AC	41
25	U15 G	Hannah Peacock	Thurrock Harriers	41
28	U15 G	Lois Hale	Harlow AC	42
29	U15 G	Maddie Piron	Harlow AC	46
30	U15 G	Alex Dorson	Orion Harriers	49
31	U15 G	Annie Grannell	Havering AC	50
32	U15 G	Morgan Romain	Havering AC	51
33	U15 G	Grace Malcolm	Harlow AC	54
34	U15 G	Becci Leddy	Orion Harriers	56
35	U15 G	Leah Brewer	Thurrock Harriers	57
35	U15 G	Emily Fall	Thurrock Harriers	57
37	U15 G	Iris Brandon	Orion Harriers	62
38	U15 G	Kennedy Beardwell	Thurrock Harriers	63
39	U15 G	Lena Leinemann	Discovery Triathlon Club	64
40	U15 G	Jasmine Offlier	Orion Harriers	69
41	U15 G	Jessie Collier	Havering AC	70
42	U15 G	Freya Hudson	Basildon AC	71
43	U15 G	Eve Smith	Orion Harriers	77
44	U15 G	Jessica James	Havering AC	88

**Individual positions after three fixtures (best two scores)**

<b>Pos</b>	<b>Cat</b>	<b>Athlete</b>	<b>Team</b>	<b>Pts</b>
1	U15 B	Finnlay Lowe	Thurrock Harriers	3
2	U15 B	Luke Meridew	Basildon AC	5
3	U15 B	Jamie Rashbrook	Basildon AC	8
4	U15 B	Ethan Reilly	Chelmsford AC	9
5	U15 B	Matthew Warner	Southend-on-Sea AC	12
6	U15 B	Luke Randall	Southend-on-Sea AC	13
7	U15 B	Matthew Magin	Cambridge & Coleridge AC	19
8	U15 B	Luke Chester	Havering AC	22
9	U15 B	George Hey	Southend-on-Sea AC	26
10	U15 B	Dylan Harrod	Thurrock Harriers	27
10	U15 B	Aaron Davis	Chelmsford AC	27
12	U15 B	Archie Connors	Benfleet Running Club	31
13	U15 B	Charlie Regan	Colchester & Tendring AC	32
14	U15 B	Daniel Houchell	Basildon AC	33
15	U15 B	Scott Thomas	Chelmsford AC	35
15	U15 B	Nathan Boase	Orion Harriers	35
17	U15 B	Samuel Waite	Chelmsford AC	44
18	U15 B	Matthew Pinney	Cambridge & Coleridge AC	45
18	U15 B	Toby Linsell	Southend-on-Sea AC	45
20	U15 B	Bradley Deacon	Ilford AC	46
21	U15 B	Lenny Houston	Havering AC	50
21	U15 B	Henry Lay	Havering AC	50
23	U15 B	Haydn Hawkins	Braintree & District AC	54
24	U15 B	Jake Long	Havering AC	55
25	U15 B	Sunny Vehit	Thurrock Harriers	57
26	U15 B	Dominic Jarvis	Havering AC	58
26	U15 B	Timi McDaniel	Havering AC	58
28	U15 B	Joseph Watts	Orion Harriers	68
29	U15 B	Kyle Gill	East Essex Triathlon Club	71
29	U15 B	Henry Jones	Orion Harriers	71
29	U15 B	Joe Muller	Southend-on-Sea AC	71
32	U15 B	Dan Edwards	Basildon AC	74
33	U15 B	Callum Hynes	Southend-on-Sea AC	80
34	U15 B	Rhys Dolan	Orion Harriers	81

### Individual positions after three fixtures (best two scores)

Pos	Cat	Athlete	Team	Pts
1	U17W	Jessica Mitchell	Havering AC	2
2	U17W	Hayley Instance	Thurrock Harriers	4
2	U17W	Kate O'Neill	Havering AC	4
4	U17W	Molly Sweetman	Havering AC	9
5	U17W	Hannah Watson	Colchester Harriers AC	12
6	U17W	Annalie Cole	Orion Harriers	13
7	U17W	Elsie Gray	Colchester & Tendring AC	16
7	U17W	Aoibheann Pearce	Orion Harriers	16
9	U17W	Sophie Rand	Havering AC	17
10	U17W	Joanna Rimmington	Southend-on-Sea AC	19
11	U17W	Beth Ashley	Basildon AC	24
12	U17W	Jenna Williams	Southend-on-Sea AC	25
13	U17W	Jordan Hinds	Ilford AC	27
14	U17W	Abby Rex	Basildon AC	29
14	U17W	Grace Dukelow	Havering AC	29
16	U17W	Beth Irving	Cambridge & Coleridge AC	32
17	U17W	Catherine Barker	Havering AC	39
18	U17W	Juliette Le Mere	Southend-on-Sea AC	43
19	U17W	Lucy Priestley	Havering AC	44
20	U17W	Charlotte Grant	Orion Harriers	50
21	U17W	Amelia Day	Havering AC	74

1	U20W	Rachel Broome	Chelmsford AC	7
2	U20W	Sinead Clark	Benfleet Running Club	8
3	U20W	Ellen Williams	Southend-on-Sea AC	29
4	U20W	Leah McGill	Basildon AC	58

Pos	Cat	Athlete	Team	Pts
1	U17M	Lewis Harknett	Orion Harriers	3
2	U17M	Leon Wheeler	Thurrock Harriers	6
3	U17M	Zack Bridgeland	Chelmsford AC	8
4	U17M	Oliver Lill	Basildon AC	12
5	U17M	Oliver Randall	Southend-on-Sea AC	13
5	U17M	Sarab Dhillon	Thurrock Harriers	13
7	U17M	Max Caulfield	Colchester Harriers AC	15
8	U17M	Ben Prior	Thurrock Harriers	18
8	U17M	Sam Atkins	Havering AC	18
8	U17M	Taylor Newell	Thurrock Harriers	18
11	U17M	Joseph Trim	East Essex Triathlon Club	19
11	U17M	Sam Norris	Southend-on-Sea AC	19
13	U17M	Isaac Brown	Basildon AC	24
14	U17M	Sam Wheatley	Southend-on-Sea AC	25
15	U17M	Danny Millward	Colchester Harriers AC	29
16	U17M	Ermeas Afewerki	Colchester Harriers AC	31
16	U17M	Alex Friend	Havering AC	31
18	U17M	Luke Savage	Basildon AC	32
19	U17M	Luke Gill	East Essex Triathlon Club	37
20	U17M	Charlie Sullivan	Benfleet Running Club	39
21	U17M	Jack Exley	Thurrock Harriers	41

### Individual positions after three fixtures (best two scores)

22	U17M	Owen Harknett	Orion Harriers	42
23	U17M	Freddy Richardson	Colchester & Tendring AC	44
24	U17M	Isaac Dods	Southend-on-Sea AC	47
24	U17M	Matthew Houchell	Basildon AC	47
26	U17M	William Jones	Orion Harriers	52
27	U17M	George Hill	Basildon AC	53
27	U17M	Daniel McGill	Basildon AC	53
29	U17M	Mark Beale	Chelmsford AC	57
30	U17M	George Applewhite	Basildon AC	58
30	U17M	Louis Berrett	Havering AC	58
32	U17M	Fergus Crouch	Colchester Harriers AC	59
33	U17M	Henri Willett	Thurrock Harriers	61
34	U17M	Elijah Brown	Southend-on-Sea AC	63

### Individual positions after three fixtures (best two scores)

Pos	Cat	Athlete	Team	Pts
1	U20M	Harrison Smith	Basildon AC	8
2	U20M	Ramadan Osman	Colchester Harriers AC	11
3	U20M	George Day	Orion Harriers	12
4	U20M	Max Williams	Cambridge & Coleridge AC	13
5	U20M	Brandon Thorpe	Basildon AC	26
6	U20M	James Stewart	Havering AC	30
7	U20M	Benjamin Miller	Colchester & Tendring AC	81
8	U20M	Joe Logan	Thurrock Harriers	91
9	U20M	Lewis Debenham	Havering AC	110
10	U20M	Kieran O'Hara	Havering AC	122
11	U20M	Conor Culham	Braintree & District AC	131
12	U20M	Joshua Mulley	Braintree & District AC	149
13	U20M	Aidan Elmore	Havering AC	263

### Individual positions after three fixtures (best two scores)

Pos	Cat	Athlete	Team	Pts
1	SW	Megan Evans	Chelmsford AC	6
2	SW	Clare Thurgood	Orion Harriers	9
3	SW	Charlotte Bishop	Basildon AC	14
4	SW	Rebecca Cole	Chelmsford AC	16
5	SW	Ginte Bailey	Havering AC	22
6	SW	Nicola Bredin	Benfleet Running Club	25
7	SW	Hayley Lamkin	Southend-on-Sea AC	31
8	SW	Ella Neale	Colchester Harriers AC	34
9	SW	Robyn Matson	Havering AC	36
10	SW	Holly Gillard	Southend-on-Sea AC	41
11	SW	Sarah Pennington	Southend-on-Sea AC	45
12	SW	Hayley Pegg	Chelmsford AC	46
13	SW	Emily Ballard	Basildon AC	47
14	SW	Jade Edwards	Havering AC	64
15	SW	Rebecca Davidson	Grange Farm & Dunmow Runners	70
16	SW	Carlie Qirem	Ilford AC	107
17	SW	Lucy Humphreys	Orion Harriers	116
18	SW	Leigh-Anne Porter	Halstead RR	124
19	SW	Amy Gornall	Thrift Green Trotters	128
20	SW	Anna Crawley	Ilford AC	163
21	SW	Cat Bennison	Halstead RR	164
22	SW	Charlotte Edwards	Thurrock Harriers	171
23	SW	Vicki Calleja	Thrift Green Trotters	186
24	SW	Sasha Tourbassora	JBR Run and Tri	199
25	SW	Hannah Bardell	JBR Run and Tri	215
1	V35/V40W	Liz Davies	Springfield Striders RC	2
2	V35/V40W	Rachel Wiseman	Basildon AC	4
3	V35/V40W	Rebecca Luxton	Chelmsford AC	13
4	V35/V40W	Hayley Rogerson	Orion Harriers	30
5	V35/V40W	Charmaine Sterling	Benfleet Running Club	45
6	V35/V40W	Rachael Roughan	Halstead RR	58
7	V35/V40W	Louise Douglass	Basildon AC	58
8	V35/V40W	Polly Bridgman	Springfield Striders RC	66
9	V35/V40W	Ellie Cumner	Colchester Harriers AC	67
10	V35/V40W	Rachel Flannigan	Phoenix Striders	72
11	V35/V40W	Joanne Sullivan	Havering AC	74
12	V35/V40W	Lorraine Gosling	Orion Harriers	78
13	V35/V40W	Kerry Harrington	Grange Farm & Dunmow Runners	80
13	V35/V40W	Kasia Kostyrka-Allchorne	Southend-on-Sea AC	90
15	V35/V40W	Marijke Van Eetvelde	Thrift Green Trotters	96
16	V35/V40W	Alison Taylor	Orion Harriers	98
17	V35/V40W	Ruth Havis	Billericay Striders RC	98
18	V35/V40W	Clare Worley	Billericay Striders RC	105
19	V35/V40W	Charlotte King	Grange Farm & Dunmow Runners	141
20	V35/V40W	Liane Connors	Benfleet Running Club	147
21	V35/V40W	Toni Marshall	Havering AC	154
22	V35/V40W	Sharon Johnson	JBR Run and Tri	169
23	V35/V40W	Hayley Morley	Grange Farm & Dunmow Runners	174



### Individual positions after three fixtures (best two scores)

23	V35/V40W	Emily Penkett	Springfield Striders RC	180
25	V35/V40W	Anna Bambridge	Halstead RR	184
26	V35/V40W	Clare Rudgley	Havering AC	187
27	V35/V40W	Paula Fairlamb	Orion Harriers	190
28	V35/V40W	Tricia Holmes	Southend-on-Sea AC	217
29	V35/V40W	Stephanie Milligan	JBR Run and Tri	220
30	V35/V40W	Heather Impey	Phoenix Striders	220
31	V35/V40W	Stacie Dowell	JBR Run and Tri	230
32	V35/V40W	Jackie Bushnell	Phoenix Striders	241
33	V35/V40W	Natalie Gorham	Phoenix Striders	257
34	V35/V40W	Lynne Culham	Braintree & District AC	261
1	V45/V50W	Wendy King	Chelmsford AC	19
2	V45/V50W	Debbie Appleton	Havering AC	30
2	V45/V50W	Denise Morley	Colchester Harriers AC	33
4	V45/V50W	Jacqui Watson	Benfleet Running Club	50
5	V45/V50W	Toni Radley	Thurrock Harriers	54
6	V45/V50W	Anne Jenkinson	Southend-on-Sea AC	57
7	V45/V50W	Sue Cribbs	Southend-on-Sea AC	81
8	V45/V50W	Lorna Gaffney	Loughton AC	82
9	V45/V50W	Jodie Farrell	Thurrock Harriers	82
10	V45/V50W	Vanessa Mathers	Southend-on-Sea AC	86
11	V45/V50W	Nikki Leigh	Benfleet Running Club	87
12	V45/V50W	Pippa Dowswell	Orion Harriers	91
13	V45/V50W	Mandy Wetheridge	Basildon AC	112
14	V45/V50W	Paula Purrnell	Mid Essex Casuals	123
15	V45/V50W	Brady Ramsay	Grange Farm & Dunmow Runners	126
15	V45/V50W	Joanne Ling	Billericay Striders RC	126
17	V45/V50W	Rebecca Taylor	Southend-on-Sea AC	133
18	V45/V50W	Louise Young	JBR Run and Tri	133
19	V45/V50W	Kelly McClenaghan	Benfleet Running Club	134
20	V45/V50W	Annette Johnson	Benfleet Running Club	141
21	V45/V50W	Jo Pearce	Phoenix Striders	146
22	V45/V50W	Donna Handle	Springfield Striders RC	147
23	V45/V50W	Wendy Carter	Halstead RR	153
24	V45/V50W	Juliet Ward	Havering AC	156
25	V45/V50W	Shona Browning	Billericay Striders RC	157
26	V45/V50W	Gillian Robertson	Grange Farm & Dunmow Runners	162
27	V45/V50W	Debbielyn Hallam	Southend-on-Sea AC	164
28	V45/V50W	Joanne Day	Thrift Green Trotters	193
29	V45/V50W	Nicole Smith	Halstead RR	194
29	V45/V50W	Tracy O'Neill	Havering AC	194
31	V45/V50W	Laura Williams	Benfleet Running Club	199
32	V45/V50W	Lorna Pettifer	Mid Essex Casuals	199
33	V45/V50W	Irene Petersen	Loughton AC	200
34	V45/V50W	Nicola Maslen	Phoenix Striders	210
35	V45/V50W	Caroline Wallis	Pitsea Running Club	212
36	V45/V50W	Angela Coster	Thrift Green Trotters	217
36	V45/V50W	Glenda Jackson	Grange Farm & Dunmow Runners	218
38	V45/V50W	Frances Webster	Benfleet Running Club	231

### Individual positions after three fixtures (best two scores)

38	V45/V50W	Sharon Wilkinson	Phoenix Striders	232
40	V45/V50W	Launa Broadley	Iford AC	233
41	V45/V50W	Michaela Davis	Loughton AC	243
42	V45/V50W	Nicola Burston	Phoenix Striders	247
43	V45/V50W	Sheila Sinclair	Iford AC	255
1	V55/V60W	Nicola Hopkinson	Iford AC	95
2	V55/V60W	Dianne Crisp	Iford AC	163
3	V55/V60W	Helen Williams	Pitsea Running Club	195
3	V55/V60W	Gillian Harrison	Pitsea Running Club	214
5	V55/V60W	Julia Galea	Iford AC	215
6	V55/V60W	Jackie M Woodroffe	Thrift Green Trotters	225
7	V55/V60W	Julie Peacock	Mid Essex Casuals	233
8	V55/V60W	Sharon Honey	Iford AC	236
1	V65/V70W	Lynn Tanner	Springfield Striders RC	154
2	V65/V70W	Caroline Cogdell	Pitsea Running Club	187
3	V65/V70W	Jean Hobbs	Loughton AC	213
4	V65/V70W	Theresa Flannigan	East Essex Triathlon Club	220
1	V75/V80W	Pamela Jones	Iford AC	256