

Individual positions after two fixtures

Pos	Cat	Athlete	Team	Pts	
1	1	U13 G	Erin Little	Chelmsford AC	3
2	2	U13 G	Kiera-Jayne Atkinson	Chelmsford AC	6
3	3	U13 G	Kayleigh Atkinson	Chelmsford AC	10
4	4	U13 G	Ruby Higgins	Havering AC	14
5	4	U13 G	Holly Watson	Chelmsford AC	14
6	6	U13 G	Stephanie Okoro	Havering AC	15
7	7	U13 G	Matilda Canty	Havering AC	19
8	8	U13 G	Millie Costin	Basildon AC	24
9	9	U13 G	Alice Bower	Chelmsford AC	28
10	10	U13 G	Amelia King	Chelmsford AC	36
11	11	U13 G	Hannah Evans	Havering AC	38
12	12	U13 G	Charlotte Evans	Havering AC	43
13	13	U13 G	Sophie Foot	Orion Harriers	46
14	13	U13 G	Cheyenne Dagher	Thurrock Harriers	46
15	15	U13 G	Sophie Cottam	Chelmsford AC	52
16	16	U13 G	Katie Lee	Harlow AC	55
17	17	U13 G	Mia Bowring	Chelmsford AC	56
18	18	U13 G	Liliana Taylor	Southend-on-Sea AC	69
19	18	U13 G	Ruby Aylott	Benfleet Running Club	69
20	20	U13 G	Olivia Higgs	Thurrock Harriers	80
21	21	U13 G	Cara O'Donnell-Roberts	Orion Harriers	82
22	22	U13 G	Charlotte Kennedy	Havering AC	84
23	23	U13 G	Eliza Sole	Southend-on-Sea AC	97
24	24	U13 G	Daisy Rickwood	Colchester Harriers AC	105
25	25	U13 G	Maya Farrow	Southend-on-Sea AC	107

Pos	Cat	Athlete	Team	Pts	
1	1	U13 B	Will Steadman	Chelmsford AC	6
2	2	U13 B	Henry Dover	Colchester & Tendring /	8
3	3	U13 B	Oliver Prince	Braintree & District AC	10
4	4	U13 B	Ryan Carroll	Havering AC	24
5	5	U13 B	Nathan Hart	Havering AC	31
6	6	U13 B	James Brigstocke-William	Colchester & Tendring /	33
7	6	U13 B	Luca McGrath	Cambridge & Coleridge	33
8	8	U13 B	Hugo Jones	Southend-on-Sea AC	35
9	9	U13 B	Thomas Peacock	Thurrock Harriers	37
10	10	U13 B	Charlie Burgess	Havering AC	38
11	11	U13 B	Greg Martin	Chelmsford AC	40
12	12	U13 B	McKinley Gall	Southend-on-Sea AC	48
13	13	U13 B	Joseph Grange	Ilford AC	50
14	14	U13 B	Lawrence Martin	Chelmsford AC	51
15	15	U13 B	Lennon McKenzie	Braintree & District AC	56
16	16	U13 B	Tom Bullock	Cambridge & Coleridge	57
17	17	U13 B	Sebastian Alexandru	Havering AC	62
18	18	U13 B	Finley Wolton	Havering AC	65
19	19	U13 B	Harry Champion	Southend-on-Sea AC	71
20	20	U13 B	Harry Wyatt	Thurrock Harriers	75
21	21	U13 B	Oliver Mills	Cambridge & Coleridge	81
22	21	U13 B	Lewis Waite	Chelmsford AC	81
23	23	U13 B	Eddie De Souza	Orion Harriers	90
24	24	U13 B	Toby Jones	Southend-on-Sea AC	91

Individual positions after two fixtures

25	24	U13 B	Jack Edwards	Basildon AC	91
26	24	U13 B	Benedict Heath	Benfleet Running Club	91
27	27	U13 B	Stanley Hobbs	Colchester & Tendring /	93
28	28	U13 B	Charlie Parmenter	Colchester Harriers AC	94
29	29	U13 B	Matthew Collins	Southend-on-Sea AC	111
30	30	U13 B	Ollie Connors	Benfleet Running Club	114
31	31	U13 B	Harry Elgar	Southend-on-Sea AC	122
32	32	U13 B	Daniel Elgar	Southend-on-Sea AC	140

Individual positions after two fixtures

Pos	Cat	Athlete	Team	Pts	
1	1	U15 G	Megan Harris	Basildon AC	4
2	2	U15 G	Demi Eves	Thurrock Harriers	6
3	3	U15 G	Milly Presland	Colchester Harriers AC	10
4	4	U15 G	Madison Harris	Basildon AC	11
5	5	U15 G	Maisy Silverstone	Orion Harriers	19
6	6	U15 G	Freya Seymour	Basildon AC	21
7	7	U15 G	Chloe Trew	Basildon AC	22
8	8	U15 G	Jayne Elvin	Thurrock Harriers	23
9	9	U15 G	Millie Robson	Cambridge & Coleridge	30
10	10	U15 G	Madeline Barker	Havering AC	42
11	11	U15 G	Ruby Muffett	Southend-on-Sea AC	45
12	12	U15 G	Hannah Riley	Basildon AC	47
13	12	U15 G	Madeleine Claydon	Colchester Harriers AC	47
14	14	U15 G	Hannah Warner	Southend-on-Sea AC	48
15	14	U15 G	Amelie Maris	Cambridge & Coleridge	48
16	16	U15 G	Ruby Samuels	Southend-on-Sea AC	51
17	17	U15 G	Katie Brazier	Chelmsford AC	57
18	18	U15 G	Grace Holmes	Southend-on-Sea AC	58
19	18	U15 G	Holly Bradley	Havering AC	58
20	20	U15 G	Verity Garcia	Orion Harriers	63
21	20	U15 G	Hannah Yexley	Havering AC	63
22	22	U15 G	Kennedy Beardwell	Thurrock Harriers	65
23	23	U15 G	Leah Brewer	Thurrock Harriers	84
24	24	U15 G	Rosie Spring	Thurrock Harriers	93
25	25	U15 G	Olive Cooke	Cambridge & Coleridge	95
26	26	U15 G	Evie Knight	Basildon AC	98
27	27	U15 G	Morgan Romain	Havering AC	102
28	28	U15 G	Ciara Pearce	Orion Harriers	105
29	29	U15 G	Amelia Jones	Southend-on-Sea AC	110
30	30	U15 G	Paige Woodcraft	Chelmsford AC	113
31	31	U15 G	Mikila Delanbanque	Harlow AC	126

Pos	Cat	Athlete	Team	Pts	
1	1	U15 B	Alex Ford	Havering AC	3
2	2	U15 B	Charlie Howell	Havering AC	6
3	3	U15 B	Toby Linsell	Basildon AC	11
4	4	U15 B	Luke Randall	Southend-on-Sea AC	12
5	5	U15 B	Daniel Houchell	Basildon AC	18
6	6	U15 B	Dylon Harrod	Thurrock Harriers	32
7	7	U15 B	William Nuttall	Chelmsford AC	39
8	8	U15 B	Jay Kelly	Southend-on-Sea AC	41
9	9	U15 B	Bellviacim Bella	Orion Harriers	42
10	10	U15 B	Sunny Vehit	Thurrock Harriers	45
11	11	U15 B	Shane Hart	Havering AC	46
12	12	U15 B	Fred Tall	Southend-on-Sea AC	48
13	13	U15 B	Harry Jackson	Basildon AC	49
14	14	U15 B	Samuel Waite	Chelmsford AC	50
15	15	U15 B	Joe Muller	Southend-on-Sea AC	52
16	16	U15 B	Jacob Alexander	Chelmsford AC	53
17	17	U15 B	Arthur Ansell	Orion Harriers	54
18	18	U15 B	Archie Connors	Benfleet Running Club	60

Individual positions after two fixtures

19	19	U15 B	Gethin Rogers	Cambridge & Coleridge AC	63
20	20	U15 B	William Samuels	Southend-on-Sea AC	71
21	21	U15 B	Ryan Holeyman	Ilford AC	76
22	22	U15 B	Lenny Houston	Havering AC	80
23	23	U15 B	Matthew Hick	Ilford AC	81
24	24	U15 B	Lewis Edwards	Havering AC	82
25	25	U15 B	Jack Thomson	Havering AC	85
26	25	U15 B	Ronan Longman-Young	Benfleet Running Club	85
27	27	U15 B	Joseph Perry	Chelmsford AC	87
28	28	U15 B	Owen Keen	Orion Harriers	100
29	29	U15 B	Noah Trencher	Thurrock Harriers	102

Individual positions after two fixtures

Pos	Cat	Athlete	Team	Pts	
1	1	U17W	Grace Burrell	Basildon AC	4
2	2	U17W	Hayley Instance	Thurrock Harriers	7
3	3	U17W	Martha Smith	Chelmsford AC	11
4	4	U17W	Sophie Wetheridge	Basildon AC	16
5	5	U17W	Frances Haines	Cambridge & Coleridge	20
6	6	U17W	Hannah Bolton	Chelmsford AC	26
7	7	U17W	Holly Rex	Basildon AC	38
8	8	U17W	Savanna Sirkett	Orion Harriers	39
9	9	U17W	Faye Sweeting	Chelmsford AC	47
10	10	U17W	Sasha Clark	Cambridge & Coleridge	48
11	11	U17W	Robyn Bartholomew	Southend-on-Sea AC	50
12	11	U17W	Emily Fall	Thurrock Harriers	50
13	13	U17W	Becci Leddy	Orion Harriers	60
14	14	U17W	Jessica James	Havering AC	72

1	1	U20W	Elsie Gray	Colchester & Tendring /	11
2	2	U20W	Grace Goodall	Benfleet Running Club	20
3	3	U20W	Jenna Williams	Southend-on-Sea AC	25
4	4	U20W	Abby Rex	Basildon AC	28
5	5	U20W	Joanna Rimmington	Southend-on-Sea AC	47
6	6	U20W	Jordan Hinds	Ilford AC	69
7	7	U20W	Lucie Ball	Thurrock Harriers	69

Pos	Cat	Athlete	Team	Pts	
1	1	U17M	Zack Bridgeland	Chelmsford AC	4
2	2	U17M	Leon Wheeler	Thurrock Harriers	5
3	3	U17M	Danny Millward	Colchester Harriers AC	10
4	4	U17M	Ben Prior	Thurrock Harriers	14
5	5	U17M	Jamie Rashbrook	Basildon AC	22
6	6	U17M	Matt Warner	Southend-on-Sea AC	23
7	7	U17M	Finnley Lowe	Thurrock Harriers	25
8	7	U17M	Sam Wheatley	Southend-on-Sea AC	25
9	9	U17M	Innes Fullerton	Braintree & District AC	32
10	10	U17M	Bradley Deacon	Ilford AC	40
11	11	U17M	George Hill	Basildon AC	50
12	11	U17M	Aaron Davis	Chelmsford AC	50
13	13	U17M	Harry Clarke	Chelmsford AC	51
14	14	U17M	James Wright	Basildon AC	52
15	15	U17M	Scott Thomas	Chelmsford AC	61
16	15	U17M	Mason Hambleton	Thurrock Harriers	61
17	17	U17M	Mark Beale	Chelmsford AC	69
18	18	U17M	Elijah Brown	Southend-on-Sea AC	72
19	19	U17M	Daniel McGill	Basildon AC	74
20	19	U17M	Henri Willett	Thurrock Harriers	74
21	21	U17M	James Chalklen	Braintree & District AC	75
22	22	U17M	Haydn Hawkins	Braintree & District AC	79

Individual positions after two fixtures

Pos	Cat	Athlete	Team	Pts	
1	1	U20M	Ben Davis	Havering AC	11
2	2	U20M	Lewis Harknett	Orion Harriers	17
3	3	U20M	Sam Atkins	Havering AC	26
4	4	U20M	George Day	Orion Harriers	28
5	5	U20M	James Stewart	Havering AC	56
6	6	U20M	Sam Norris	Southend-on-Sea AC	57
7	7	U20M	Taylor Newell	Thurrock Harriers	63
8	8	U20M	Conor Culham	Braintree & District AC	156
9	9	U20M	Oliver Randall	Southend-on-Sea AC	192
10	10	U20M	Kieran O'Hara	Havering AC	239
11	11	U20M	Connor Johnson	Grange Farm & Dunmo	294

Individual positions after two fixtures

Pos	Cat	Athlete	Team	Pts	
1	1	SW	Victoria Hiscock	Benfleet Running Club	10
2	2	SW	Ginte Bailey	Havering AC	14
3	3	SW	Sarah Worley	Billericay Striders RC	15
4	4	SW	Hayley Lamkin	Southend-on-Sea AC	26
5	5	SW	Morgan Campbell	Havering AC	30
6	6	SW	Nicola Bredin	Benfleet Running Club	42
7	7	SW	Rebecca Cooke	Colchester Harriers AC	46
8	8	SW	Holly Gillard	Southend-on-Sea AC	48
9	9	SW	Sarah Pennington	Southend-on-Sea AC	56
10	10	SW	Megan Williams	Chelmsford AC	64
11	11	SW	Clare Davies	Havering AC	76
12	12	SW	Carlie Qirem	Ilford AC	141
13	13	SW	Natasha Pinborough	JBR Run and Tri	154
14	14	SW	Sasha Tourbassora	JBR Run and Tri	203
15	15	SW	Anna Crawley	Ilford AC	217
1	1	V35/V40	Rebecca Luxton	Chelmsford AC	9
2	2	V35/V40	Lindsey Colman	Southend-on-Sea AC	18
3	3	V35/V40	Helen Taczynski	Colchester Harriers AC	53
4	4	V35/V40	Hayley Rogerson	Orion Harriers	73
5	5	V35/V40	Rachael Roughan	Halstead RR	80
6	6	V35/V40	Louie Douglass	Basildon AC	82
7	7	V35/V40	Victoria Peacock	Thurrock Harriers	101
8	8	V35/V40	Jennie Page	JBR Run and Tri	110
9	9	V35/V40	Vashti MacDonald-Clink	Cambridge & Coleridge	119
10	10	V35/V40	Liane Conners	Benfleet Running Club	160
11	11	V35/V40	Sarah Lengthorn	Billericay Striders RC	168
12	12	V35/V40	Ruth Havis	Billericay Striders RC	176
13	13	V35/V40	Lisa James	Brentwood Running Clu	177
14	14	V35/V40	Marzena Ward	Billericay Striders RC	184
15	15	V35/V40	Anna Bambridge	Halstead RR	198
16	16	V35/V40	Lynsey Hawkins	Braintree & District AC	233
17	17	V35/V40	Trica Holmes	Southend-on-Sea AC	252
18	18	V35/V40	Elizabeth Cox	Phoenix Striders	263
19	19	V35/V40	Kristina Read	Phoenix Striders	268
20	20	V35/V40	Lynne Culham	Braintree & District AC	340
1	1	V45/V50	Debbie Appleton	Havering AC	29
2	2	V45/V50	Denise Morley	Colchester Harriers AC	36
3	3	V45/V50	Claire Hall	Grange Farm & Dunmo	37
4	4	V45/V50	Wendy King	Chelmsford AC	44
5	5	V45/V50	Toni Radley	Thurrock Harriers	73
6	6	V45/V50	Alison Trauttmansdorff	Orion Harriers	75
7	7	V45/V50	Jacqui Watson	Benfleet Running Club	94
8	8	V45/V50	Joanne Sullivan	Havering AC	111
9	9	V45/V50	Jodie Farrell	Thurrock Harriers	120
10	10	V45/V50	Lorna Gaffney	Loughton AC	126
11	11	V45/V50	Rebecca Taylor	Southend-on-Sea AC	144
12	12	V45/V50	Vanessa Mathers	Southend-on-Sea AC	160
13	13	V45/V50	Dianne Fairchild	Brentwood Running Clu	169
14	14	V45/V50	Donna Hindle	Springfield Striders RC	178

Individual positions after two fixtures

15	15	V45/V50	Madeleine Knight	Brentwood Running Clu	186
16	16	V45/V50	Nikki Leigh	Benfleet Running Club	218
17	17	V45/V50	Lorna Pettifer	Mid Essex Casuals	221
18	18	V45/V50	Tracy O'Neill	Havering AC	225
19	19	V45/V50	Joanne Ling	Billericay Striders RC	226
20	20	V45/V50	Annette Johnson	Benfleet Running Club	262
21	21	V45/V50	Caroline Wallis	Pitsea Running Club	287
22	22	V45/V50	Heather Impey	Phoenix Striders	299
23	23	V45/V50	Michelle Holman	Phoenix Striders	322
24	24	V45/V50	Debi Loveland	JBR Run and Tri	330
1	1	V55/V60	Breege Nordin	Ilford AC	132
2	2	V55/V60	Christine Inch	Orion Harriers	171
3	3	V55/V60	Nicola Hopkinson	Ilford AC	193
4	4	V55/V60	Elaine Tribley	Springfield Striders RC	225
5	5	V55/V60	Sharon Honey	Ilford AC	252
6	6	V55/V60	Joanne Day	Brentwood Running Clu	272
7	7	V55/V60	Theresa Howe	Pitsea Running Club	279
8	8	V55/V60	Gillian Harrison	Pitsea Running Club	316
1	1	V65/V70	Lynn Tanner	Springfield Striders RC	228
2	2	V65/V70	Valerie Sinclair	Pitsea Running Club	294
3	3	V65/V70	Theresa Flannigan	East Essex Triathlon Clu	325
4	4	V65/V70	Sue Vine	Phoenix Striders	330

Individual positions after two fixtures

Pos	Cat	Athlete	Team	Pts	
1	1	SM	Ramadan Osman	Colchester Harriers AC	8
2	1	SM	Rob Warner	Havering AC	8
3	3	SM	James Buckley-Stanton	Havering AC	16
4	4	SM	Alec Finch	Thurrock Harriers	18
5	5	SM	Rhys Gillard	Southend-on-Sea AC	32
6	6	SM	Paul Grange	Havering AC	41
7	7	SM	Tom Gardner	Ilford AC	47
8	8	SM	Kurtis Swan	Braintree & District AC	58
9	9	SM	Nathan Filer	Colchester Harriers AC	62
10	10	SM	James Smith	Halstead RR	105
11	11	SM	Daniel Reynolds	Grange Farm & Dunmow	122
12	12	SM	Chris O'Hara	Billericay Striders RC	123
13	13	SM	Wesley Atkins	Halstead RR	130
14	14	SM	John Whitehead	Havering AC	131
15	15	SM	Freddy Keefe	Havering AC	145
16	16	SM	Gavin Scanlon	Colchester Harriers AC	158
17	17	SM	Shane Boxall	Southend-on-Sea AC	166
18	18	SM	Robbie Cooman	Havering AC	172
19	19	SM	Robert Doyle	Thurrock Harriers	182
20	19	SM	Neil McGoun	Orion Harriers	182
21	21	SM	Lee Pickering	Grange Farm & Dunmow	187
22	22	SM	Michael Smith	Colchester Harriers AC	203
23	23	SM	Sebastian Parris	Ilford AC	205
24	24	SM	David Wilson	Orion Harriers	221
25	25	SM	Tom Walsh	Southend-on-Sea AC	237
26	26	SM	Will Read-Wright	Orion Harriers	259
27	27	SM	Luca Preddbon	Grange Farm & Dunmow	385
28	28	SM	Barry Weldon	Billericay Striders RC	404
29	29	SM	Ben Whateley-Harris	Brentwood Running Club	451
30	30	SM	William Holman	Phoenix Striders	576
1	1	V40/V45	Crispian Bloomfield	Billericay Striders RC	31
2	2	V40/V45	Lee Taylor	Southend-on-Sea AC	53
3	3	V40/V45	Christian Holmes	Southend-on-Sea AC	55
4	4	V40/V45	Barnaby Foot	Orion Harriers	106
5	5	V40/V45	Bob Glasgow	Orion Harriers	132
6	6	V40/V45	Barry Smith	Havering AC	134
7	7	V40/V45	Gavin Maley	Havering AC	140
8	8	V40/V45	Adam Baker	Orion Harriers	143
9	9	V40/V45	Scott Rice	Thurrock Harriers	156
10	10	V40/V45	Martin Chester	Havering AC	172
11	10	V40/V45	Toby Draper	Thurrock Harriers	172
12	12	V40/V45	Anthony Goodall	Springfield Striders RC	174
13	13	V40/V45	Paul Rodgers	Colchester Harriers AC	192
14	14	V40/V45	Andrew Low	Benfleet Running Club	213
15	15	V40/V45	Graham Booty	Benfleet Running Club	240
16	16	V40/V45	Tim Wright	Orion Harriers	246
17	17	V40/V45	Keith Willett	Thurrock Harriers	251
18	17	V40/V45	Peter Waite	Chelmsford AC	251
19	19	V40/V45	Steve Walker	Havering AC	278
20	20	V40/V45	Matt Randall	Southend-on-Sea AC	327

Individual positions after two fixtures

21	21	V40/V45	Roy Harwood	Benfleet Running Club	337
22	22	V40/V45	Matt Stenning	Billericay Striders RC	340
23	23	V40/V45	Ian Pike	Benfleet Running Club	346
24	24	V40/V45	Roy Perrott	Orion Harriers	350
25	25	V40/V45	James Champion	Southend-on-Sea AC	360
26	26	V40/V45	Steven Ball	Thurrock Harriers	385
27	27	V40/V45	Ben Fisher	Orion Harriers	426
28	28	V40/V45	Andrew Taczynski	Colchester Harriers AC	450
29	29	V40/V45	Roy James	Havering AC	460
30	30	V40/V45	Neil Hitchcock	Grange Farm & Dunmow	471
31	31	V40/V45	Tony Collins	Havering AC	477
32	32	V40/V45	Mark Lawes	Tiptree Road Runners	481
33	33	V40/V45	Trevor Robinson	Ilford AC	517
34	34	V40/V45	Alan Cooke	Hockley Trail Runners	521
35	35	V40/V45	Ian Glover	Southend-on-Sea AC	546
36	36	V40/V45	Jon Brown	JBR Run and Tri	570
1	1	V50/V55	Colin Read	Orion Harriers	94
2	2	V50/V55	Alan Smalls	Colchester Harriers AC	113
3	3	V50/V55	Craig Dyce	Cambridge & Coleridge	119
4	4	V50/V55	Tony Pecoraro	Havering AC	225
5	5	V50/V55	Paul Broome	Springfield Striders RC	239
6	6	V50/V55	Peter West	Colchester Harriers AC	258
7	7	V50/V55	Alan Clark	Benfleet Running Club	305
8	8	V50/V55	Peter Tullett	Chelmsford AC	312
9	9	V50/V55	Lloyd Miles	Billericay Striders RC	316
10	10	V50/V55	Nick Rankin	Benfleet Running Club	324
11	11	V50/V55	Alan Fullerton	Grange Farm & Dunmow	359
12	12	V50/V55	David Findlay	Basildon AC	388
13	13	V50/V55	Stephen Foggo	Billericay Striders RC	400
14	14	V50/V55	Christopher Applegate	Thurrock Harriers	403
15	15	V50/V55	Simon Morgan	Colchester Harriers AC	404
16	16	V50/V55	Doug Stephens	Benfleet Running Club	406
17	17	V50/V55	Trevor Horncastle	Phoenix Striders	414
18	18	V50/V55	Neil Clark	Phoenix Striders	417
19	19	V50/V55	Dave Brock	Orion Harriers	419
20	20	V50/V55	Colin White	Billericay Striders RC	435
21	21	V50/V55	Alan Pearl	Ilford AC	451
22	22	V50/V55	Lee Hazelwood	Phoenix Striders	459
23	23	V50/V55	Andy Hawes	JBR Run and Tri	478
24	24	V50/V55	Martin Orford	Phoenix Striders	480
25	25	V50/V55	Kevin Kirby	Chelmsford AC	487
26	26	V50/V55	James Macnish-Porter	Brentwood Running Club	489
27	27	V50/V55	Matt Gillard	Southend-on-Sea AC	504
28	28	V50/V55	Colin Wilkinson	Phoenix Striders	511
29	29	V50/V55	Adrian Mathers	Hockley Trail Runners	539
30	30	V50/V55	Clive Bailey	JBR Run and Tri	550
31	31	V50/V55	Dave Girt	Southend-on-Sea AC	563
32	32	V50/V55	Henry Ricketts	Ilford AC	578
33	33	V50/V55	John Rex	Basildon AC	583
34	34	V50/V55	Ray Sparra Everingham	Ilford AC	604
35	35	V50/V55	Rhys Davis	Basildon AC	613

Individual positions after two fixtures

36	36	V50/V55	Angus Aldridge	Southend-on-Sea AC	639
1	1	V60/V65	Michael Bridgeland	Chelmsford AC	240
2	2	V60/V65	David Butler	Billericay Striders RC	265
3	3	V60/V65	Andrew Morris	Phoenix Striders	346
4	4	V60/V65	Bob Langley	Halstead RR	349
5	5	V60/V65	Andy Catton	Ilford AC	393
6	6	V60/V65	Donald English	Halstead RR	409
7	7	V60/V65	Tim Brockington	Springfield Striders RC	449
8	8	V60/V65	Bill Bennett	Orion Harriers	452
9	9	V60/V65	Stephen Burton	Benfleet Running Club	505
10	10	V60/V65	Donald Sinclair	Pitsea Running Club	539
11	11	V60/V65	Edward Skinner	Tiptree Road Runners	540
12	12	V60/V65	Brian Butcher	Mid Essex Casuals	576
13	13	V60/V65	Graham Bardell	JBR Run and Tri	583
14	14	V60/V65	Peter Eates	Phoenix Striders	593
15	15	V60/V65	Peter McLaughlin	Pitsea Running Club	626
1	1	V70	Peter Binns	Southend-on-Sea AC	478
2	1	V70	James Huddart	Ilford AC	612
3	1	V70	Keith Walker	Billericay Striders RC	614