

### Individual positions after two fixtures

Pos	Cat	Athlete	Team	Pts	
1	1	U13 G	Kayleigh Atkinson	Chelmsford AC	3
2	2	U13 G	Charlotte Evans	Havering AC	8
3	3	U13 G	Amelia King	Chelmsford AC	10
4	4	U13 G	Gaby Bilbie	Chelmsford AC	15
5	5	U13 G	Sienna Shipton	Chelmsford AC	19
6	6	U13 G	Abigail Swan	Havering AC	23
7	7	U13 G	Holly Appleton	Chelmsford AC	25
8	8	U13 G	Seraphina Harris	Cambridge & Coleridge AC	27
9	9	U13 G	Cheyenne Daghar	Thurrock Harriers	28
10	10	U13 G	Emmie Fulker	Chelmsford AC	34
11	10	U13 G	Hannah Evans	Havering AC	34
12	12	U13 G	Megan Vernon	Benfleet Running Club	37
13	13	U13 G	Carys Sergeant	Colchester & Tendring AC	41
14	14	U13 G	Mia Bowring	Chelmsford AC	43
15	15	U13 G	Ruby Tillson	Havering AC	46
16	16	U13 G	Rosie Warner	Havering AC	47
17	17	U13 G	Liliana Taylor	Southend-on-Sea AC	48
18	18	U13 G	Lucy Nuttall	Chelmsford AC	51
19	19	U13 G	Ruby Aylott	Benfleet Running Club	59
20	20	U13 G	Amelie Hewlett	Braintree & District AC	69
21	21	U13 G	Sophie Matthews	Thurrock Harriers	73
22	22	U13 G	Maddison Mae Turner	Benfleet Running Club	78
23	22	U13 G	Daisy Sameuls	Southend-on-Sea AC	78
24	24	U13 G	Abbie Houtt	Orion Harriers	84
25	25	U13 G	Abigail Cowling	Harlow AC	98
26	26	U13 G	Isabelle Allen	Southend-on-Sea AC	100
27	27	U13 G	Maisy Raymond	Chelmsford AC	101
28	28	U13 G	Hannah Osborne	Southend-on-Sea AC	103
29	29	U13 G	Erin Foote	Harlow AC	110
30	30	U13 G	Keira Bellas	Orion Harriers	112

Pos	Cat	Athlete	Team	Pts	
1	1	U13 B	Beau Macdonald	Southend-on-Sea AC	4
2	2	U13 B	Sam Plummer	Colchester & Tendring AC	5
3	3	U13 B	Harry Wyatt	Thurrock Harriers	8
4	4	U13 B	Nick Shepherd	Southend-on-Sea AC	11
5	5	U13 B	Oliver Taylor-Bush	Havering AC	14
6	6	U13 B	Ryan Carroll	Havering AC	15
7	7	U13 B	Mackinley Gall	Southend-on-Sea AC	22
8	8	U13 B	Archie Durham	Chelmsford AC	23
9	8	U13 B	Gregory Martin	Chelmsford AC	23
10	10	U13 B	Joseph Grange	Ilford AC	27
11	11	U13 B	Toby Johnson	Havering AC	33
12	12	U13 B	Nathan Hart	Havering AC	35
13	13	U13 B	Jacob Hurrell	Chelmsford AC	39
14	14	U13 B	Alfie Squibb	Thurrock Harriers	41
15	14	U13 B	Jake Campen	Basildon AC	41
16	16	U13 B	Dylan Robins	Chelmsford AC	42
17	17	U13 B	Toby Jones	Southend-on-Sea AC	44
18	18	U13 B	Eddie Da Sousa	Orion Harriers	49
19	19	U13 B	Zach Higgins	Havering AC	53

### Individual positions after two fixtures

20	20	U13 B	William Sweeney	Chelmsford AC	54
21	21	U13 B	Alfie Geeves	Havering AC	65
22	22	U13 B	Aaron Hick	Ilford AC	78
23	23	U13 B	Harrison Leek	Colchester Harriers AC	83
24	23	U13 B	Rilwan Choi	Southend-on-Sea AC	83
25	25	U13 B	Jonty Barton	Chelmsford AC	84
26	26	U13 B	Joseph Gray	Havering AC	86
27	27	U13 B	Teddy Squibb	Thurrock Harriers	90
28	28	U13 B	Finley Greenleaf	Colchester Harriers AC	92
29	29	U13 B	Alex Carty	Southend-on-Sea AC	97
30	30	U13 B	Lucas Emeagi	Ilford AC	102
31	31	U13 B	Michael Luxton	Orion Harriers	114
32	32	U13 B	Ellis Cross	Basildon AC	115
33	32	U13 B	Charlie Watts	Chelmsford AC	115
34	34	U13 B	Jesse Ryan	Chelmsford AC	117
35	35	U13 B	Luke Gosling	Orion Harriers	122
36	36	U13 B	Waleed Kabuye	Havering AC	126
37	37	U13 B	Lucas Willett	Thurrock Harriers	141
38	38	U13 B	Oscar Stradwick	Orion Harriers	143
39	39	U13 B	Fred Walton	Colchester & Tendring AC	148
40	40	U13 B	William Muffet	Orion Harriers	150

### Individual positions after two fixtures

Pos	Cat	Athlete	Team	Pts	
1	1	U15 G	Jayne Elvin	Thurrock Harriers	5
2	1	U15 G	Holly Watson	Chelmsford AC	5
3	3	U15 G	Kiera Atkinson	Chelmsford AC	6
4	4	U15 G	Maisy Silverstone	Orion Harriers	13
5	5	U15 G	Ruby Higgins	Havering AC	16
6	6	U15 G	Natalie Sewell	Havering AC	18
7	7	U15 G	Matilda Canty	Havering AC	26
8	8	U15 G	Ruby Muffett	Southend-on-Sea AC	29
9	9	U15 G	Nicole Langan	Havering AC	31
10	9	U15 G	Isabelle Carlin	Southend-on-Sea AC	31
11	9	U15 G	Jessica Barber	Basildon AC	31
12	12	U15 G	Alexandra Bell-Cobbold	Colchester Harriers AC	36
13	12	U15 G	Alice Bower	Chelmsford AC	36
14	14	U15 G	Freya Seymour	Basildon AC	43
15	14	U15 G	Madeline Barker	Havering AC	43
16	16	U15 G	Ruby Samuels	Southend-on-Sea AC	45
17	16	U15 G	Hannah Yexley	Havering AC	45
18	18	U15 G	Lizzie Wellsted	Colchester Harriers AC	49
19	19	U15 G	Verity Garcia	Orion Harriers	54
20	20	U15 G	Sophie Foot	Orion Harriers	58
21	21	U15 G	Sophie Cottam	Chelmsford AC	60
22	22	U15 G	Isabel Freed	Benfleet Running Club	64
23	23	U15 G	Isabel Tracy	Southend-on-Sea AC	65
24	24	U15 G	Erin Vernon	Benfleet Running Club	66
25	25	U15 G	Hannah Warner	Southend-on-Sea AC	76
26	26	U15 G	Amelia Jones	Southend-on-Sea AC	84
27	27	U15 G	Emily Henderson	Colchester Harriers AC	90
28	28	U15 G	Fran Turner	Basildon AC	92
29	29	U15 G	Millie Costin	Basildon AC	95
30	30	U15 G	Ciara Pearce	Orion Harriers	99
31	30	U15 G	Evie Knight	Basildon AC	99
32	32	U15 G	Holly Hammond	Southend-on-Sea AC	100
33	33	U15 G	Lucia De Cristofano	Benfleet Running Club	113
34	34	U15 G	Aara Shofiuzzaman	Benfleet Running Club	126
35	35	U15 G	Grace Evans	Harlow AC	127

Pos	Cat	Athlete	Team	Pts	
1	1	U15 B	Ben Maguire	Southend-on-Sea AC	3
2	2	U15 B	Tom Wood	Chelmsford AC	6
3	3	U15 B	Charlie Howell	Havering AC	8
4	4	U15 B	Matthew Blacklock	Havering AC	12
5	5	U15 B	Sam Riley	Basildon AC	17
6	6	U15 B	William Nuttall	Chelmsford AC	19
7	7	U15 B	Daniel Zailer-Fletcher	Cambridge & Coleridge AC	23
8	8	U15 B	Hugo Jones	Southend-on-Sea AC	24
9	9	U15 B	Owen Fisher	Havering AC	39
10	10	U15 B	Shane Hart	Havering AC	40
11	10	U15 B	Ryan Holeyman	Ilford AC	40
12	10	U15 B	Oliver Prince	Braintree & District AC	40
13	13	U15 B	Dan Peters	Havering AC	43
14	14	U15 B	Max Robbins	Havering AC	46

### Individual positions after two fixtures

15	15	U15 B	Cyrus Lumba	Southend-on-Sea AC	57
16	15	U15 B	Finley Wolton	Havering AC	57
17	17	U15 B	Jacob Alexander	Chelmsford AC	58
18	18	U15 B	Joseph Perry	Chelmsford AC	59
19	19	U15 B	Oscar Farley	Billericay Striders RC	62
20	20	U15 B	Charlie Burgess	Havering AC	65
21	21	U15 B	Lawrence Martin	Chelmsford AC	68
22	22	U15 B	Edison Barker	Colchester & Tendring AC	70
23	23	U15 B	Ronan Longman-Young	Benfleet Running Club	71
24	24	U15 B	Finn Rattray	Colchester & Tendring AC	77
25	25	U15 B	Lewis Edwards	Havering AC	86
26	26	U15 B	Archie Henington	Colchester & Tendring AC	87
27	27	U15 B	David McCarthy	Chelmsford AC	90
28	28	U15 B	Archie Winney	Havering AC	104
29	29	U15 B	Owen Beswick	Basildon AC	105
30	29	U15 B	Oliver Hughes	Cambridge & Coleridge AC	105
31	31	U15 B	Charlie Parmenter	Colchester Harriers AC	111
32	32	U15 B	Jacob Emeagi	Ilford AC	116
33	33	U15 B	Owen Keen	Orion Harriers	119
34	34	U15 B	Vitor Marten-Manas	Ilford AC	125
35	35	U15 B	James Malyon	Harlow AC	126

### Individual positions after two fixtures

Pos	Cat	Athlete	Team	Pts	
1	1	U17W	Megan Harris	Basildon AC	6
2	1	U17W	Madison Harris	Basildon AC	6
3	3	U17W	Milly Presland	Colchester Harriers AC	11
4	4	U17W	Sydney Foley	Havering AC	13
5	5	U17W	Demi Eves	Thurrock Harriers	16
6	6	U17W	Hannah Bolton	Chelmsford AC	21
7	7	U17W	Lauryn Wood	Chelmsford AC	27
8	8	U17W	Martha Smith	Chelmsford AC	32
9	9	U17W	Sasha Clark	Cambridge & Coleridge AC	33
10	10	U17W	Sophie Wetheridge	Basildon AC	36
11	11	U17W	Hannah Riley	Basildon AC	41
12	12	U17W	Katie Brazier	Chelmsford AC	45
13	13	U17W	Lauren Hazel	Chelmsford AC	55
14	13	U17W	Emily Fall	Thurrock Harriers	55
15	15	U17W	Daizy Harris	Basildon AC	62
16	16	U17W	Paige Woodcraft	Chelmsford AC	63
17	17	U17W	Morgan Romain	Havering AC	64
18	18	U17W	Rebecca O'Rourke	Havering AC	74
19	19	U17W	Eve Smith	Orion Harriers	81
20	20	U17W	Grace Goodall	Basildon AC	17
21	21	U17W	Jordan Hinds	Ilford AC	49
22	22	U17W	Emily James	Havering AC	75

1	1	U20W	Grace Goodall	Basildon AC	17
2	2	U20W	Jordan Hinds	Ilford AC	49
3	3	U20W	Emily James	Havering AC	75

Pos	Cat	Athlete	Team	Pts	
1	1	U17M	Matthew Warner	Southend-on-Sea AC	7
2	2	U17M	Jak Wright	Ilford AC	8
3	3	U17M	Aidan Cahill	Colchester & Tendring AC	11
4	4	U17M	Bradley Deacon	Ilford AC	14
5	5	U17M	Josh McGill	Basildon AC	18
6	6	U17M	Alex Ford	Havering AC	19
7	7	U17M	Max Stapleton	Southend-on-Sea AC	21
8	8	U17M	Luke Randall	Southend-on-Sea AC	22
9	8	U17M	Ethan Reiley	Chelmsford AC	22
10	10	U17M	Dylan Harrod	Thurrock Harriers	28
11	11	U17M	Scott Thomas	Chelmsford AC	35
12	12	U17M	Sunny Vehit	Thurrock Harriers	38
13	13	U17M	William Samuels	Southend-on-Sea AC	51
14	13	U17M	Samuel Waite	Chelmsford AC	51
15	15	U17M	Finlay Staff	Chelmsford AC	53
16	16	U17M	Jake Hume	Basildon AC	64
17	17	U17M	Haydn Hawkins	Braintree & District AC	77
18	17	U17M	Thomas Hunt	Basildon AC	77

### Individual positions after two fixtures

<b>Pos</b>	<b>Cat</b>	<b>Athlete</b>	<b>Team</b>	<b>Pts</b>
1	1	Zach Bridgeland	Chelmsford AC	7
2	2	Sam Atkins	Havering AC	37
3	3	Taylor Newell	Thurrock Harriers	52
4	4	Ben Prior	Thurrock Harriers	62
5	5	Mungo Prior	Ilford AC	69
6	6	Oliver Randall	Southend-on-Sea AC	72
7	7	Innes Fullerton	Braintree & District AC	128
8	8	Sam Wheatley	Southend-on-Sea AC	141
9	9	Thomas Palmer	Colchester Harriers AC	146
10	10	Joe Lane	Chelmsford AC	162
11	11	Louis Berrett	Havering AC	188
12	12	Charles Fletcher	Braintree & District AC	301
13	13	Mark Beale	Chelmsford AC	312

### Individual positions after two fixtures

Pos	Cat	Athlete	Team	Pts	
1	1	SW	Morgan Campbell	Havering AC	9
2	2	SW	Ginte Bailey	Havering AC	12
3	3	SW	Hayley Lamkin	Southend-on-Sea AC	17
4	4	SW	Sarah Worley	Billericay Striders RC	21
5	5	SW	Philippa Robinson	Grange Farm & Dunmow Runners	38
6	6	SW	Eloise Smith	Brentwood Running Club	67
7	7	SW	Sarah Jeffery	Southend-on-Sea AC	69
8	8	SW	Clare Davies	Havering AC	77
9	9	SW	Rachel Dale	Colchester Harriers AC	82
10	10	SW	Rachael Roughan	Halstead RR	86
11	11	SW	Amy Gornall	Brentwood Running Club	127
12	12	SW	Tina Golubeva	Pitsea Running Club	140
13	13	SW	Kelly Judge	Halstead RR	147
14	14	SW	Jess Archer	Tiptree Road Runners	182
15	15	SW	Vicki Calleja	Brentwood Running Club	276
16	16	SW	Jenny Suckling	Grange Farm & Dunmow Runners	291
1	1	V40	Danielle Harrington	Tiptree Road Runners	50
2	2	V40	Hayley Rogerson	Orion Harriers	61
3	3	V40	Kathleen Short	Brentwood Running Club	65
4	4	V40	Polly Bridgeman	Springfield Striders RC	110
5	5	V40	Nicola Evans	Benfleet Running Club	124
6	6	V40	Ruth Havis	Billericay Striders RC	151
7	7	V40	Lisa James	Brentwood Running Club	171
8	8	V40	Nina Barrett	Brentwood Running Club	184
9	9	V40	Emma Healy	Halstead RR	214
10	10	V40	Lynsey Hawkins	Braintree & District AC	246
11	11	V40	Suzu Stidston	Benfleet Running Club	316
1	1	V45	Wendy King	Chelmsford AC	35
2	2	V45	Claire Hall	Grange Farm & Dunmow Runners	37
3	3	V45	Alison Trauttmansdorff	Orion Harriers	60
4	4	V45	Toni Radley	Thurrock Harriers	63
5	5	V45	Lorraine Gosling	Orion Harriers	105
6	6	V45	Rachel Flannigan	Phoenix Striders	113
7	7	V45	Rebecca Taylor	Southend-on-Sea AC	121
8	8	V45	Joanne Sullivan	Havering AC	144
9	9	V45	Isobel Gowers	Springfield Striders RC	185
10	10	V45	Madeleine Knight	Brentwood Running Club	187
11	11	V45	Kirsty Williams	Springfield Striders RC	202
12	12	V45	Dianne Fairchild	Brentwood Running Club	207
13	13	V45	Julie Wilson	Brentwood Running Club	229
14	14	V45	Joanne Ling	Billericay Striders RC	231
1	1	V50	Denise Morley	Colchester Harriers AC	41
2	2	V50	Jodie Farrell	Thurrock Harriers	106
3	3	V50	Mary Lloyd	Brentwood Running Club	179
4	4	V50	Wendy Carter	Halstead RR	212
5	5	V50	Lorna Pettifer	Mid Essex Casuals	239
6	6	V50	Sharon Hardwicke	Tiptree Road Runners	282
7	7	V50	Annette Johnson	Benfleet Running Club	291

### Individual positions after two fixtures

8	8	V50	Sharon Wilkinson	Phoenix Striders	337
1	1	V55	Pippa Dowswell	Orion Harriers	132
2	2	V55	Christine Inch	Orion Harriers	184
3	3	V55	Nicola Hopkinson	Ilford AC	209
4	4	V55	Tracy O'Neill	Havering AC	223
5	5	V55	Elaine Tribley	Springfield Striders RC	230
6	6	V55	Debra Pumfrett	Phoenix Striders	255
7	7	V55	Jo Day	Brentwood Running Club	272
8	8	V55	Doris Gaga	Ilford AC	290
1	1	V60	Breege Nordin	Ilford AC	154
2	2	V60	Helen Williams	Pitsea Running Club	286
3	3	V60	Gillian Harrison	Pitsea Running Club	301
1	1	V65	Lynn Tanner	Springfield Striders RC	222
2	2	V65	Valerie Sinclair	Pitsea Running Club	305
3	3	V65	Theresa Flannigan	East Essex Triathlon Club	315



### Individual positions after two fixtures

Pos	Cat	Athlete	Team	Pts	
1	1	SM	Rob Warner	Havering AC	16
2	2	SM	David Fewell	Chelmsford AC	18
3	3	SM	George Day	Orion Harriers	46
4	4	SM	James Stewart	Havering AC	47
5	5	SM	Kurtis Swan	Braintree & District AC	48
6	5	SM	Tom Gardner	Ilford AC	48
7	7	SM	Nick Harris-Fry	Orion Harriers	52
8	8	SM	Gavin Watts	Havering AC	54
9	9	SM	Rob Mahen	Cambridge & Coleridge AC	71
10	10	SM	Aaron Graves	Tiptree Road Runners	76
11	11	SM	Pat Walsh	Southend-on-Sea AC	91
12	12	SM	Dominic Le Mare	Southend-on-Sea AC	94
13	13	SM	Greg Tye	Braintree & District AC	105
14	14	SM	Conor Culham	Braintree & District AC	106
15	15	SM	Luke Fitz John	Springfield Striders RC	108
16	16	SM	Cameron Humphries	Colchester Harriers AC	123
17	17	SM	Kieran O'Hara	Havering AC	131
18	18	SM	John Whitehead	Havering AC	132
19	19	SM	Chris Wayman	Benfleet Running Club	139
20	20	SM	Ben Holdgate	Braintree & District AC	146
21	21	SM	Robert Doyle	Thurrock Harriers	155
22	22	SM	Gavin Scanlan	Colchester Harriers AC	195
23	23	SM	Will Reed-Wright	Orion Harriers	202
24	24	SM	Daniel Reynolds	Grange Farm & Dunmow Runners	206
25	25	SM	David Wilson	Orion Harriers	232
26	26	SM	Tom Walsh	Southend-on-Sea AC	238
27	27	SM	Barry Weldon	Billericay Striders RC	240
28	28	SM	Matthew Bainbridge	Grange Farm & Dunmow Runners	250
29	29	SM	Haydon Newland	Ilford AC	300
30	30	SM	Luca Predebon	Grange Farm & Dunmow Runners	376
31	31	SM	James Williams	Chelmsford AC	406
32	32	SM	Billy Holman	Pitsea Running Club	561
33	33	SM	Dan Roughan	Halstead RR	586
1	1	V40	Paul Grange	Ilford AC	43
2	2	V40	Lee Taylor	Southend-on-Sea AC	48
3	3	V40	Barry Smith	Havering AC	91
4	4	V40	Anthony Goodall	Springfield Striders RC	154
5	5	V40	William Wu	Billericay Striders RC	187
6	6	V40	Mike Woodward	Pitsea Running Club	213
7	7	V40	Tim Ballard	Colchester Harriers AC	244
8	8	V40	Nick Hunter	Chelmsford AC	297
9	9	V40	Roy Harwood	Benfleet Running Club	308
10	10	V40	Steven Ball	Thurrock Harriers	370
11	11	V40	Dennis Briggs	Ilford AC	403
12	12	V40	Alasdair Daw	Billericay Striders RC	417
13	13	V40	James Hawkes	Grange Farm & Dunmow Runners	477
14	13	V40	Tony Collins	Havering AC	477
15	15	V40	Spencer Garlick	Hockley Trail Runners	520
16	16	V40	Ian Rodd	JBR Run and Tri	564

### Individual positions after two fixtures

1	1	V45	Adrian Musett	Colchester Harriers AC	6
2	2	V45	Steve Rand	Havering AC	101
3	3	V45	Gary Coombes	Ilford AC	114
4	4	V45	Peter Waite	Chelmsford AC	227
5	5	V45	Matt Randall	Southend-on-Sea AC	246
6	6	V45	Anthony Moore	Billericay Striders RC	254
7	7	V45	Keith Willett	Thurrock Harriers	258
8	8	V45	Tim Wright	Orion Harriers	263
9	9	V45	Ian Pike	Benfleet Running Club	333
10	10	V45	James Champion	Southend-on-Sea AC	349
11	11	V45	Roy James	Havering AC	410
12	12	V45	James Price	Pitsea Running Club	431
13	13	V45	Paul Agastina	Pitsea Running Club	456
14	14	V45	David Beatty	Pitsea Running Club	532
15	15	V45	Bradley Brown	Ilford AC	543
16	16	V45	Trevor Robinson	Ilford AC	576
1	1	V50	Colin Read	Orion Harriers	147
2	2	V50	Matthew Bland	Havering AC	148
3	3	V50	Paul Holloway	Ilford AC	192
4	4	V50	Alec Kyrakides	Southend-on-Sea AC	196
5	5	V50	Paul Broome	Springfield Striders RC	246
6	6	V50	Andrew Wright	Billericay Striders RC	272
7	7	V50	Steve Walker	Havering AC	283
8	8	V50	Alan Clark	Benfleet Running Club	290
9	9	V50	Gary Atkins	Havering AC	304
10	10	V50	Mark Lawes	Tiptree Road Runners	352
11	11	V50	Richard Jones	Benfleet Running Club	353
12	12	V50	Mark Wellsted	Colchester Harriers AC	385
13	13	V50	Bob Bardell	Tiptree Road Runners	395
14	14	V50	Colin White	Billericay Striders RC	413
15	15	V50	Neil Poulter	Halstead RR	451
16	16	V50	Simon Morgan	Colchester Harriers AC	454
17	17	V50	Matt Gillard	Southend-on-Sea AC	482
18	18	V50	Colin Wilkinson	Phoenix Striders	488
19	19	V50	Adrian Mathers	Hockley Trail Runners	494
20	20	V50	Ricky Lee	Billericay Striders RC	504
21	21	V50	Anthony Young	Ilford AC	508
22	22	V50	Andrew Turner	Basildon AC	515
23	23	V50	Dave Girt	Southend-on-Sea AC	555
1	1	V55	Colin Ridley	Colchester Harriers AC	213
2	2	V55	Simon Le Mare	Southend-on-Sea AC	253
3	3	V55	Tony Pecoraro	Havering AC	260
4	4	V55	Phil Olsen	Brentwood Running Club	336
5	5	V55	Terry Knightley	Ilford AC	366
6	5	V55	Stephen Foggo	Billericay Striders RC	366
7	7	V55	Nick Rankin	Benfleet Running Club	380
8	8	V55	Paul Berrett	Havering AC	383
9	9	V55	James MacNish-Porter	Brentwood Running Club	444
10	10	V55	Alan Fullerton	Grange Farm & Dunmow Runners	449
11	11	V55	John Pumfrett	Phoenix Striders	456

### Individual positions after two fixtures

12	12	V55	Kevin Kirby	Chelmsford AC	498
13	13	V55	Paul Tawn	Mid Essex Casuals	546
14	14	V55	Angus Aldridge	Southend-on-Sea AC	588
1	1	V60	Peter Tullett	Chelmsford AC	269
2	2	V60	Alan Pearl	Ilford AC	354
3	3	V60	Chris Purse	Springfield Striders RC	398
4	4	V60	Bill Bennett	Orion Harriers	451
5	5	V60	Bernard Johnson	Thurrock Harriers	478
6	6	V60	Stephen Burton	Benfleet Running Club	491
7	7	V60	Simon King	Grange Farm & Dunmow Runners	492
8	8	V60	Andy Carter	Halstead RR	538
9	9	V60	James Goddard	Mid Essex Casuals	547
10	10	V60	Donald Sinclair	Pitsea Running Club	552
11	11	V60	Kevin Judge	Benfleet Running Club	555
12	12	V60	Mike Jeffery	Southend-on-Sea AC	610
13	13	V60	David Mills	Phoenix Striders	623
14	14	V60	Stephen Williams	Chelmsford AC	624
1	1	V65	David Butler	Billericay Striders RC	243
2	2	V65	Peter Eates	Phoenix Striders	593
1	1	V70	Peter Binns	Southend-on-Sea AC	432
2	2	V70	Keith Walker	Billericay Striders RC	578
3	3	V70	James Huddart	Ilford AC	646
1	1	V75	Ernie Easterby	Billericay Striders RC	649