

# Essex Cross Country League (5)

Sponsored by Runners Edge

## Orion

12/01/2013

## U13 Girls

Pos	Name	Team	Time
1	Clark, Sinead	Benfleet	13: 20
2	Faint, Katie	Chelmsford	29
3	Broome, Rachel	Chelmsford	47
4	Samuels, Meghan	Southend	14: 00
5	Richardson, Megan	Benfleet	07
6	Jeffery, Phoebe	Chelmsford	21
7	Brown, Rebecca	Havering M	21
8	Marshall, Emily	Havering M	22
9	Mitchell, Katie	Havering M	32
10	Gordon, Courtney	Braintree	34
11	Sharpe, Emily	Orion H	36
12	Ronn, Alice	Chelmsford	39
13	Etheridge, Kate	Chelmsford	41
14	O'Neill, Kate	Havering M	42
15	Whyte, Amie	Harlow	44
16	Doyle, Iona	Southend	58
17	LeMere, Juliette	Southend	15: 11
18	Rand, Sophie	Havering M	13
19	Mitchell, Jessica	Havering M	18
20	Healey, Ella	Southend	20
21	Sifford, Megan	Colchester H	33
22	Archer, Madeline	Chelmsford	52
23	Mills, Isobel	Orion H	56
24	MacLeod, Grace	Havering M	16: 04
25	James, Emily	Havering M	11
26	Walter, Natasha	Southend	34
27	Pochet, Scarott	Orion H	44
28	Vundum, Lucy	Orion H	44
29	Atkinson, Jasimine	Chelmsford	53
30	Hooks, Daisy	Southend	17: 12
31	Eaton, Holly	Chelmsford	17
32	Brookes, Hannah	Chelmsford	34
33	Pate, Genevieve	Benfleet	45
34	Gurten, Melissa	Braintree	18: 26
35	Phelps, Tish	East Essex Tri	20: 07
36	Hayhow, Verity	Orion H	26: 03

Teams	
1 Chelmsford	23
2 Havering M	38
3 Southend	57
4 Orion H	89
5 Benfleet	39 (3)
6 Braintree	44 (2)
7 Harlow	15 (1)
8 Colchester H	21 (1)
9 East Essex Tri	35 (1)

## **Essex Cross Country League (5)**

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### **Orion**

**12/01/2013**

### **U13 Boys**

<b>Pos</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	
1	Wright, Toby	Southend	12:	13
2	Harknett, Lewis	Harlow		44
3	Williams, Max	CATS		53
4	Sheldrick, Tommy	Havering M	13:	03
5	Offiler, Jake	Orion H		09
6	Lawrence, Mitchell	Southend		12
7	Comiskey, Sam	Colchester H		18
8	Coleman, Antony	Orion H		29
9	Keevil, Thomas	Chelmsford		34
10	Wheeler, Craig	Southend		37
11	Foot, Joss	Orion H		41
12	Bath, Oliver	Havering M		50
13	Bloomer, Toby	Southend		52
14	Cooke, Peter	Cambridge & C	14:	58
15	Gill, Luke	East Essex Tri		02
16	Debenham, Lewis	Havering M		03
17	Patterson, Jack	Orion H		05
18	Scott, Reece	Thurrock H		06
19	Allen, Luke	Braintree		16
20	Chivers, Liam	Thurrock H		17
21	Westwood, Aaron	Havering M		21
22	Hanley, Max	Orion H		25
23	Olley, Drew	Colchester H		29
24	Wilshire, Daniel	Orion H		34
25	Harrison, Mathew	Colchester H		35
26	Tsouroulla, Zack	Thurrock H		37
27	Harknett, Owen	Harlow		39
28	Coleman, James	Orion H		40
29	Willis, Jez	Chelmsford		40
30	Barker, Billy	Havering M		42
31	Jones, William	Orion H		44
32	O'Reilly, Finn	Colchester H	15:	00
33	Davies, Kieron	Havering M		11
34	Hudson, Jo	Southend		33
35	Tsouroulla, Xavier	Thurrock H		35
36	Wallis, Lukas	Braintree	16:	18
37	Allum, Sam	Orion H		22
38	Jolly, Lewis	Havering M		28
39	Wheatley, Sam	Southend	18:	08
40	Culham, Kian	Braintree	19:	17

<b><u>Teams</u></b>	
1 Southend	30
2 Orion H	41
3 Havering M	53
4 Colchester H	87
5 Thurrock H	99
6 Braintree	95 (3)
7 Harlow	29 (2)
8 Chelmsford	38 (2)
9 CATS	3 (1)
10 Cambridge & C	14 (1)
11 East Essex Tri	15 (1)

# **Essex Cross Country League (5)**

**Sponsored by Runners Edge**

## **Orion**

**12/01/2013**

## **U15 Girls**

<b>Pos</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Teams</b>	
1	Hiscock, Victoria	Benfleet	19: 04	1 Chelmsford	52
2	Chalmers, Diana	Cambridge & C	06	2 Havering M	53
3	Venton, Cameron	Chelmsford	10	3 Orion H	70
4	Smith, Millie	Chelmsford	23	4 Basildon	75
5	Ives, Isobel	Basildon	27	5 Cambridge & C	16 (3)
6	Chalmers, Amy	Cambridge & C	43	6 CATS	53 (3)
7	Archer-Haley, Gemma	Havering M	51	7 Southend	20 (2)
8	Dow, Belinda	Cambridge & C	20: 00	8 Ilford AC	53 (2)
9	May, Natasha	Southend	18	9 Benfleet	1 (1)
10	Carr, Madeline	Orion H	55	10 Harlow	19 (1)
11	Kidwell, Lucy	Southend	21: 03		
12	Wyatt, Lois	Havering M	07		
13	Surman-Wells, Heidi	Havering M	25		
14	Espeute, Serena	Orion H	25		
15	Williams, Megan	Chelmsford	38		
16	Sturgeon, Georgina	CATS	39		
17	Hicks, Sian	CATS	57		
18	Abbott, Talya	Orion H	59		
19	Edwards, Amy	Harlow	22: 01		
20	Riches, Jessica	CATS	17		
21	Ward, Jess	Havering M	19		
22	Skeggs, Charlotte	Basildon	49		
23	Aitmarri, Tilly	Basildon	23: 10		
24	Lear, Louise	Havering M	19		
25	Findlay, Briony	Basildon	22		
26	Ferris, Jessica	Ilford AC	53		
27	Mazekaite, Greta	Ilford AC	24: 33		
28	Myers, Katherine	Orion H	43		
29	Nunn, Robbie	Havering M	25: 17		
30	Brooks, Emily	Chelmsford	26: 28		
31	O'Neill, Abbie	Havering M	27: 29		
32	Ewer, Joelle	Orion H	28: 46		
33	Grant, Sophie	Orion H	46		

# Essex Cross Country League (5)

Sponsored by Runners Edge

## Orion

12/01/2013

## U15 Boys

Pos	Name	Team	Time	Teams	
1	Eames, Ben	W Suffolk	15: 58	1 Basildon	34
2	Elliott, George	Chelmsford	16: 27	2 Orion H	57
3	Willmore, Laurence	Southend	50	3 Chelmsford	58
4	Jordan, Adam	Southend	17: 03	4 Ilford AC	52 (3)
5	Gray, Christian	Basildon	23	5 Havering M	80 (3)
6	Patterson, Joe	CATS	24	6 Braintree	95 (3)
7	Jones, Max	Basildon	32	7 Southend	7 (2)
8	Wood, Jordan	Cambridge & C	33	8 W Suffolk	1 (1)
9	Cantwell, Ollie	Basildon	38	9 CATS	6 (1)
10	Weston, Charlie	Orion H	42	10 Cambridge & C	8 (1)
11	Swallow, Oliver	Chelmsford	50	11 Harlow	16 (1)
12	Pattison, Ben	Orion H	59	12 Benfleet	21 (1)
13	Haynes, Ben	Basildon	18: 03	13 E Essex Tri	26 (1)
14	Maher, Jack	Ilford AC	08		
15	Patel, Usamah	Ilford AC	20		
16	Campbell, Donald	Harlow	34		
17	Callis, Jake	Orion H	40		
18	Ryan, Jack	Orion H	43		
19	Day, George	Orion H	49		
20	Blanks, Henry	Chelmsford	19: 04		
21	Hiscock, James	Benfleet	05		
22	Nunn, Elliott	Havering M	14		
23	Martin, Harry	Ilford AC	21		
24	Richards, Daniel	Orion H	23		
25	Brearley, Nathan	Chelmsford	43		
26	Harley, Daniel	E Essex Tri	46		
27	West, Bradley	Havering M	46		
28	Thorpe, Brandon	Basildon	20: 11		
29	Stantiall, Lewis	Chelmsford	32		
30	Culham, Connor	Braintree	33		
31	Hart, Will	Havering M	22: 10		
32	Wallis, Claude	Braintree	26		
33	Caulfield, Jordan	Braintree	23: 04		

# **Essex Cross Country League (5)**

**Sponsored by Runners Edge**

## **Orion**

**12/01/2013**

## **U17/U20W**

<b>Pos</b>	<b>Cat</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Teams</b>		
1	U17	Wilson, Claire	Cambridge & C	19: 27	1	Basildon	18
2	U17	Tuckfield, Georgia	Chelmsford N/S	52	2	Southend	62
3	U17	Perkins, Alice	Basildon	20: 16	3	Havering M	101
4	U20	Johnson, Eleanor	Basildon	21: 27	4	Chelmsford	39 (3)
5	U20	Peel, Jade	Basildon	39	5	Colchester H	66 (3)
6	U17	Dodd, Kaylee	Basildon	53	6	Ilford AC	61 (2)
7	U20	Webb, Aimy	Basildon	22: 08	7	Cambridge & C	1 (1)
8	U17	Aitmarri, Poppy	Basildon	10	8	Orion H	12 (1)
9	U17	Warren, Isobella	Chelmsford	22	9	E Essex Tri	31 (1)
10	U17	Bullis, Emily	Basildon	27			
11	U20	Lacey, Jordan	Southend	30			
12	U20	Antoine-Chagar, Armani	Orion H	31			
13	U17	Huggins, Mollie	Colchester H	40			
14	U17	Swain, Jessica	Chelmsford	40			
15	U17	Lamkin, Haley	Southend	23: 02			
16	U17	Wade, Rebecca	Chelmsford	24			
17	U17	Matthews-Smith, Annabel	Southend	36			
18	U17	McLachan, Lindsay	Havering M	51			
19	U17	Imbush, Sarah	Southend	56			
20	U20	Ballard, Emily	Basildon	24: 06			
21	U17	Ward, Rebecca	Havering M	17			
22	U17	Crofts, Sophie	Bas	27			
23	U17	Tidd, Olivia	Southend	40			
24	U17	Kidd, Laura	Basildon	42			
25	U17	Gardner, Laura	Colchester H	44			
26	U17	Moss, Isobel	Harlow (Guest)	25: 04			
27	U17	Mavididi, Kelly	Ilford AC	13			
28	U17	Huggins, Joy	Colchester H	54			
29	U17	Williams, Chloe	Southend	26: 38			
30	U20	Sullivan, Shannon	Havering M	27: 09			
31	U17	Phelps, Rachel	E Essex Tri	30: 18			
32	U20	Wiggins, Lyndsey	Havering M	31: 55			
33	U20	Easdon, Zoe	Basildon	35: 4			
34	U17	Chambers, Tamara	Ilford AC	36: 40			

# **Essex Cross Country League (5)**

**Sponsored by Runners Edge**

## **Orion**

**12/01/2013**

## **U17 Men**

<b>Pos</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>
1	Tennant, Ross	Ipswich (NS)	24: 05
2	Wood, Kieran	Cambridge & C	06
3	Frith, Rob	Southend	25: 03
4	Deasy, Will	CATS	08
5	Whiting, Conor	Ipswich (NS)	20
6	Kidd, James	Havering M	26: 10
7	Nadin, James	Chelmsford	24
8	Mann, Josh	Southend	27: 07
9	Hancock, Steve	Southend	10
10	Clark, Rob	Colchester H	13
11	Ray, Joe	Southend	24
12	Hall, James	Benfleet	40
13	Antoine-Chager, Cheyenne	Orion H	42
14	Redman, James	Cambridge & C	43
15	Cobden, Timothy	Cambridge & C	49
16	Burton, Jonathan	Basildon	53
17	Holland, Andrew	Havering M	28: 02
18	Price, Connor	Colchester H	14
19	Mohamed, Abdul	Havering M	29
20	Wellard-Jeffs, Daniel	Orion H	29
21	Nourse, Joseph	Braintree	29: 35
22	Franklyn, Thomas	E Essex Tri	54
23	Blackburn, Harrison	Harlow	30: 00
24	, Jack	Orion H	16
25	Davies, Steve	Basildon	41
26	Le Mare, Dominic	Southend	46
27	Inwood, Zach	Southend	31: 21
28	Christostomou, Alex	Orion H	32: 9
29	Beck, Jakob	Braintree	35: 22

<b>Teams</b>	
1 Southend	31
2 Orion H	85
3 Cambridge & C	31 (3)
4 Havering M	42 (3)
5 Colchester H	28 (2)
6 Basildon	41 (2)
7 Braintree	50 (2)
8 CATS	4 (1)
9 Chelmsford	7 (1)
10 Benfleet	12 (1)
11 E Essex Tri	22 (1)
12 Harlow	23 (1)

# Essex Cross Country League (5)

**Sponsored by Runners Edge**

## Orion

12/01/2013

## Senior Women

Pos	Cat	Name	Team	Time	Pos	Cat	Name	Team	Time
1	V35	Stradling, Sarah	Colchester H	27: 21	61	V35	Bannister, Sharon	Springfield S	42: 03
2	V35	Appleton, Debbie	Havering M	30	62	V45	De Smedt, Beryl	Phoenix	14
3	SW	Fullerton, Faye	Havering M	44	63	SW	Smith, Ella	Orion H	22
4	SW	Peppiatt, Charlotte	Benfleet	58	64	V45	Goodwin, Sarah	Springfield S	46
5	SW	Smith, Vicky	Havering M	28: 06	65	V45	Smith, Debbie	Phoenix	54
6	SW	Ivory, Sarah	Colchester H	07	66	V35	Maslen, Nicola	Phoenix	44: 02
7	SW	Whitmarsh, Karen	Basildon	16	67	V55	Flannigan, Teresa	Pitsea	24
8	V45	Deasey, Margaret	CATS	19	68	V55	De Asha, Anne	Orion H	35
9	SW	Thurgood, Claire	Orion H	34	69	V45	Farridge, Nicola	Orion H	45: 11
10	SW	Blake, Poppy	Chelmsford	29: 08	70	V45	Miller, Ann	Springfield S	30
11	SW	Evans, Megan	Chelmsford	22	71	V45	Burston, Nicola	Phoenix	42
12	V35	King, Wendy	Chelmsford	32	72	V35	Drake, Michala	Orion H	52
13	SW	Jeffery, Sarah	Southend	51	73	SW	Sands, Roma	Phoenix	46: 24
14	V35	Watson, Jacqui	Benfleet	57	74	V45	Davis, Michaela	Loughton	49
15	V35	Morley, Denise	Colchester H	30: 10	75	V45	Hawkins, Nicola	Phoenix	47: 14
16	V35	Malanga, Sally	Chelmsford	25	76	V45	Harwood, Gwen	Loughton	29
17	V35	Sullivan, Jo	Havering M	37	77	SW	Gordon, Nicky	Pitsea	48: 27
18	V45	Baker, Jo	Southend	41					
19	V35	Jenkinson, Anne	Southend	55					
20	SW	Holland, Kerry	Southend	31: 24					
21	V35	Smith, Jane	Braintree	34					
22	V45	Mathers, Vanessa	Southend	35					
23	V45	Smith, Jo	Chelmsford	45					
24	SW	Edwards, Jade	Havering M	48					
25	SW	Bent, Kate	Colchester H	48					
26	V45	Grant, Helen	Cambridge & C	32: 15					
27	V35	Clifford, Liza	Orion H	22					
28	SW	Sterling, Charmaine	Benfleet	54					
29	V35	Bognarova-Meridith, J	Thurrock H	55					
30	SW	Real, Helen	Loughton	33: 12					
31	V35	Thompson, Angie	Havering M	51					
32	SW	Sheehan, Jenny	Ilford	34: 16					
33	V35	Barron, Hayley	Orion H	23					
34	V35	Cox, Sam	Thurrock H	26					
35	V35	Gaffney, Lorna	Loughton	35					
36	V45	Pyle, Nicola	Springfield S	37					
37	V35	Curren, Victoria	Springfield S	41					
38	SW	Armitage, Mary	Orion H	46					
39	V35	Peacock, Victoria	Thurrock H	35: 16					
40	V35	Maidment, Sarah	Orion H	38					
41	V35	Maidment, Liz	Orion H	39					
42	V35	Burtenshaw, Jo	Benfleet	43					
43	V45	Shillaker, Gaye	Loughton	45					
44	SW	Page, Jennie	Benfleet	36: 06					
45	V35	Driver, Sarah	Thurrock H	11					
46	V45	Ward, Juliet	Havering M	13					
47	V35	Williams, Kirsty	Springfield S	17					
48	V35	Lear, Maureen	Havering M	26					
49	V45	Rolerkite, Lindsey	Braintree	40					
50	V45	Dowswell, Pippa	Orion H	57					
51	V45	Heeks, Anne	Loughton	37: 44					
52	V55	Tanner, Lynn	Springfield S	47					
53	V45	Webster, Fran	Benfleet	38: 04					
54	SW	Sunderland, Kathryn	Chelmsford	06					
55	V35	Westwood, Bobby	Havering M	45					
56	SW	Hudson, Kym	Orion H	39: 04					
57	V45	O'Neill, Tracy	Havering M	40					
58	V45	Pumfrett, Debra	Phoenix	50					
59	SW	Knowles, Sarah	Springfield S	41: 31					
60	SW	Timpson, Melissa	Orion H	49					

### **Teams**

1	Havering M	27
2	Colchester H	47
3	Chelmsford	49
4	Southend	70
5	Benfleet	88
6	Orion H	107
7	Thurrock H	147
8	Loughton	159
9	Springfield S	172
10	Phoenix	251
11	Braintree	70 (2)
12	Pitsea	144 (2)
13	Basildon	7 (1)
14	CATS	8 (1)
15	Cambridge & C	26 (1)
16	Ilford	32 (1)

# Essex Cross Country League (5)

Sponsored by Runners Edge

Orion					Senior Men				
Pos	Cat	Name	Team	Time	Pos	Cat	Name	Team	Time
1	SM	Twist, Grant	Chelmsford	31: 02	61	V50	Shelley, Eamonn	Thurrock H	11
2	SM	Warner, Rob	Havering M	37	62	V50	Catton, Andy	Ilford	17
3	SM	Fewell, David	Chelmsford	42	63	SM	Augustin, Dan	Mid Essex C	27
4	SM	Webb, Grant	Basildon	32: 13	64	SM	Watson, Stuart	Benfleet	33
5	SM	Sellens, Chris	Colchester H (NS)	21	65	V40	Shields, Andrew	Cambridge & C	41
6	SM	Mussett, Adrian	Colchester H	27	66	U20	Malpass, Sam	Ilford	43
7	SM	Wright, Will	Chelmsford	46	67	V40	Riches, Gary	CATS	48
8	SM	Houghton, Alex	Thurrock H	53	68	SM	Hogan, Graham	Havering M	50
9	SM	Bailey, Lee	Orion H	54	69	U20	Green, Buddy	Orion H	56
10	U20	Kyriakides, Oliver	Southend	33: 01	70	V60	Bumstead, Mick	Thurrock H	39: 07
11	U20	Buckley-Stanton, Jamie	Havering M	07	71	V40	Spain, Dave	Benfleet	33
12	SM	Gardner, Tom	Ilford	25	72	V40	Cole, Leo	Witham	34
13	SM	Pickering, Lee	Chelmsford	29	73	SM	McHugh, Peter	Orion H	39
14	SM	Bent, Simon	Colchester H	32	74	V40	Rankin, Nick	Benfleet	46
15	V40	Rand, Steve	Havering M	48	75	SM	Nkrumah, Jeffrey	Ilford	40: 22
16	SM	McGown, Neil	Orion H	58	76	SM	Gosling, Glen	Orion H	23
17	SM	Strange, Stephen	Basildon	34: 14	77	V40	Ward, Barry	Havering M	23
18	V40	Smalls, Allen	Colchester H	15	78	SM	Allen, Tom	Mid Essex C	25
19	SM	Pritchard, Alan	Cambridge & C	18	79	V40	Broadbent, Quinn	Orion H	34
20	U20	Gillard, Rhys	Southend	27	80	V50	Shaw, Gerry	Orion H	39
21	V40	Spowage, Paul	Colchester H	29	81	V50	Hart, James	Orion H	48
22	V40	Read, Colin	Orion H	33	82	V40	Judd, Mike	Chelmsford	55
23	SM	Clark, Ian	Orion H	44	83	V40	Cousins, Lee	Braintree	58
24	SM	Briggs, Mike	Benfleet	52	84	V60	Binns, Peter	Southend	41: 03
25	V40	Rice, Scott	Thurrock H	54	85	V40	Venton, Brian	Chelmsford	08
26	V40	Wright, Tim	Orion H	58	86	SM	Cullen, Gary	Phoenix S	22
27	SM	Anthony, Ian	Havering M	35: 06	87	SM	Moon, Tony	Mid Essex C	29
28	V40	Foot, Barney	Orion H	11	88	V50	Ritchie, Charlie	Cambridge & C	31
29	V40	Clinch, Peter	Ilford	19	89	SM	Gordon, Adam	Pitsea	58
30	SM	Colgrave, Adam	Chelmsford	23	90	V40	Jarvis, Greg	Southend	42: 08
31	SM	Gibby, Rob	Colchester H	25	91	V50	Veall, Craig	Loughton	10
32	SM	Williams, James	Chelmsford	29	92	V50	Bennett, Bill	Orion H	10
33	V40	Bland, Matt	Havering M	36	93	SM	Colly, Stuart	Orion H	17
34	v40	Philcox, Stephen	Ilford	38	94	SM	Coulson, Myles	Braintree	41
35	V50	Bridgeland, Mike	Chelmsford	47	95	SM	Footer, Chris	Phoenix S	59
36	U20	Capel, A	Southend	36: 08	96	V50	Skinner, Edward	Tiptree	43: 09
37	SM	Nears, Jonathan	Colchester H	11	97	V50	Tullett, Peter	Chelmsford	38
38	SM	Newell, Kevin	Ilford	16	98	V40	Rayney, Duncan	Loughton	58
39	V40	Booty, Graham	Benfleet	20	99	V40	Jackson, Mark	Braintree	44: 23
40	U20	Millar, Alan	Southend	27	100	V60	Smith, Glyn	Cambridge & C	33
41	V40	Hopkinson, Giles	Orion H	27	101	SM	Green, Dan	Orion H	36
42	V40	Lawless, Don	Thurrock H	36	102	V40	Tawn, Paul	Mid Essex C	52
43	V40	Ferguson, John	Cambridge & C	42	103	SM	Collins, Tony	Havering M	45: 08
44	SM	Horsburgh, Craig	Orion H	49	104	V50	Hall, Graham	Orion H	20
45	V40	Crisp, Neil	Ilford	58	105	V40	Rowlett, Gary	Thurrock H	43
46	V40	Hart, Simon	Havering M	37: 06	106	V50	Bartlett, Gary	Orion H	47
47	SM	Grange, Paul	Havering M	08	107	V50	Johnson, Bernard	Thurrock H	57
48	SM	Hall, Auberon	Orion H	09	108	V50	Platt, John	Ilford	46: 01
49	SM	Smith, James	Springfield S	14	109	V40	Cahill, Gary	Thurrock H	05
50	V40	West, Peter	Colchester H	15	110	V60	Driscoll, John	Colchester H	18
51	V50	Julian, Kevin	Orion H	25	111	SM	Wheeldon, Paul	Springfield S	20
52	V40	O'Neill, Ian	Thrift Green T	28	112	V50	Meah, Gerald	Cambridge & C	58
53	SM	Carrington, Neil	Cambridge & C	30	113	V50	Williams, Paul	Orion H	47: 04
54	SM	Raven, Stuart	Springfield S	31	114	V40	Gillard, Matt	Southend	40
55	V50	Metcalf, John	Thurrock H	33	115	V40	Sewell, Adam	Braintree	46
56	V40	Kyriakides, Alec	Southend	40	116	SM	Chamberlain, Ben	Cambridge & C	49
57	V40	Tiernan, Niall	Thrift Green T	42	117	V60	Jackson, Keith	Pitsea	58
58	V50	Brock, Dave	Orion H	44	118	SM	Godbold, Alan	Orion H	48: 12
59	V40	Wisken, Greg	Mid Essex C	38: 00	119	SM	Swain, Ryan	Chelmsford N/S	35
60	SM	Jackson, Sam	Havering M	07	120	V40	Hocken, Adam	Witham	47

Pos	Cat	Name	Team	Time	1	Teams	86
121	V60	Vautier, R	Mid Essex C	49: 40	2	Chelmsford	124
122	V50	Frith, Ramon	Southend	58	3	Orion H	127
123	V40	Jordan, Simon	Phoenix S	50: 28	4	Colchester H	134
124	V40	Martindale, Steve	Thurrock H	34	5	Havering M	220
125	V70	Ross, Charlie	Chelmsford	38	6	Ilford	246
126	V60	Butcher, Brian	Mid Essex C	56	7	Southend	261
127	V50	Clarke, John	Springfield S	51: 04	8	Thurrock H	369
128	V50	McCullagh, Nick	Mid Essex C	12	9	Cambridge & C	415
129	V60	Bates, Peter	Pitsea	18	10	Benfleet	513
130	V50	Robinson, Paul	Orion H	29	11	Mid Essex C	728
131	u20	Nyabowa, Tinotenda	Ilford	35	12	Phoenix S	490 (5)
132	V60	Hobbs, David	Loughton	42	13	Springfield S	393 (4)
133	V50	Cheal, Steve	Ilford	52: 23	14	Braintree	324 (3)
134	V50	Mills, Eddie	Phoenix S	53: 26	15	Loughton	338 (3)
135	V60	Green, Roger	Orion H	54: 12	16	Pitsea	21 (2)
136	V50	Timpson, Steve	Orion H	15	17	Basildon	109 (2)
137	U20	Wa-Beya, Ridge	Ilford	16	18	Thrift Green T	194 (2)
138	V50	Wiggins, Colin	Havering M	55: 35	19	Witham	67 (1)
139	V50	Davis, Tony	Phoenix S	56	20	CATS	97 (1)
140	SM	Williams, Leighton	Mid Essex C	56: 08		Tiptree	
141	V60	O'Rawe, Alan	Benfleet	16			
142	V60	Hughes, Gwyn	Phoenix S	37			
143	SM	Maggio, Robert	Orion H (Guest)	59			
144	V40	Pope, Sean	Springfield S	62: 08			