

Pos	Cat	Athlete	Team	Pts
1	U13 G	Eleanor Macintosh	Cambridge & C	5
2	U13 G	Kate O'Neill	Havering M	7
3	U13 G	Katie Mitchell	Havering M	14
4	U13 G	Helena Dyce	Cambridge & C	21
5	U13 G	Courtney Gordon	Braintree	22
6	U13 G	Joanna Rimmington	Southend	22
7	U13 G	Molly Bath	Havering M	35
8	U13 G	Hayley Instance	Thurrock	40
9	U13 G	Kiera Hornsby	Braintree	41
10	U13 G	Aoibheann Pearce	Orion H	42
11	U13 G	Abigale Kerr	Discovery Tri	43
12	U13 G	Rebecca Brown	Havering M	45
13	U13 G	Sophie Rand	Havering M	47
14	U13 G	Charlotte Brooks	East Essex Tri	55
15	U13 G	Jessica Mitchell	Havering M	63
16	U13 G	Sophie Ealey	Cambridge & C	84
17	U13 G	Catherine Barker	Havering M	89
18	U13 G	Yasmin Robinson	Benfleet	95
19	U13 G	Ava King	Southend	107
20	U13 G	Heather Peters	Thurrock	118
21	U13 G	Emily Kidd	Basildon	128
22	U13 G	Genevieve Pate	Benfleet	128
23	U13 G	Ella King	Havering M	131
24	U13 G	Lucy Priestley	Havering M	144
25	U13 G	Jessica James	Havering M	146
26	U13 G	Ashleigh Rowland	Harlow	173
27	U13 G	Chloe West	Southend	183
28	U13 G	Lauren Ager	Basildon	185

Pos	Cat	Athlete	Team	Pts
1	U13 B	Thomas Keen	Cambridge & C	6
2	U13 B	Lewis Harknett	Harlow	12
3	U13 B	Max Fewster	Chelmsford	19
4	U13 B	Joseph Clark	Orion H	20
5	U13 B	Reece Scott	Thurrock H	26
6	U13 B	Jack Exley	Thurrock H	33
7	U13 B	Zack Bridgeland	Chelmsford	34
8	U13 B	James Wood	Orion H	46
9	U13 B	David Dow	Cambridge & C	47
10	U13 B	Craig Wheeler	Southend	47
11	U13 B	Harry Parker	Thurrock H	48
12	U13 B	Jamie Sales	Cambridge & C	48
13	U13 B	Oliver Newman	Cambridge & C	50
14	U13 B	Sam Rawlinson	Chelmsford	58
15	U13 B	Owen Harknett	Harlow	60
16	U13 B	Luke Gill	East Essex Tri	68
17	U13 B	Mitchell Lawrence	Southend	77
18	U13 B	Sam Atkins	Havering M	81
19	U13 B	Taylor Newell	Thurrock H	96
20	U13 B	George Whisken	Cambridge & C	102
21	U13 B	Joseph Hudson	Southend	104
22	U13 B	Kieron Davies	Havering M	105
23	U13 B	Oliver Randall	Southend	113
24	U13 B	James Wright	Basildon	118
25	U13 B	Matthew Houchell	Basildon	128
26	U13 B	Sam Wheatley	Southend	147
27	U13 B	William Jones	Orion H	153
28	U13 B	Sam Tremelling	Discovery Tri	159
29	U13 B	Saul Ashon	Orion H	159
30	U13 B	James Coleman	Orion H	178
31	U13 B	Clayton Thomas	East Essex Tri	183
32	U13 B	Sam Shrimpton	Havering M	184

Pos	Cat	Athlete	Team	Pts
1	U15 G	Khahisa Mhlanga	Chelmsford	4
2	U15 G	Jodie Judd	Chelmsford	9
3	U15 G	Alice Newcombe	Cambridge & C	11
4	U15 G	Rachel Broome	Chelmsford	15
5	U15 G	Niamh Smith	Basildon	24
6	U15 G	Jemima Walker	Basildon	26
7	U15 G	Natasha May	Southend	31
8	U15 G	Belinda Dow	Cambridge & C	32
9	U15 G	Gemma Archer-Haley	Basildon	42
10	U15 G	Lydia Callan	Colchester & T	44
11	U15 G	Emily Marshall	Havering M	44
12	U15 G	Brooke Mensah	Thurrock H	50
13	U15 G	Kate Etheridge	Chelmsford	54
14	U15 G	Charlotte Skeggs	Basildon	64
15	U15 G	Nancy Callagher	Orion H	66
16	U15 G	Jess Ward	Havering M	74
17	U15 G	Emily Warren	Benfleet	77
18	U15 G	Iona Doyle	Southend	79
19	U15 G	Mary-Ann Deasy	Colchester & T	82
20	U15 G	Eleanor Pepper	Southend	97
21	U15 G	Katie Inch	Orion H	98
22	U15 G	Emily James	Havering M	105
23	U15 G	Natasha Walter	Southend	117
24	U15 G	Olivia Elliott	Chelmsford	124
25	U15 G	Holly Eaton	Chelmsford	149

Pos	Cat	Athlete	Team	Pts
1	U15 B	Rob Huckle	Cambridge & C	4
2	U15 B	Joseph Patterson	Colchester & T	8
3	U15 B	Jordan Wood	Cambridge & C	14
4	U15 B	Ashley Brown	Cambridge & C	15
5	U15 B	Daniel Richards	Orion H	22
6	U15 B	Max Jones	Basildon	28
7	U15 B	Ben Haynes	Basildon	29
8	U15 B	Luke Crisp	Cambridge & C	35
9	U15 B	Brandon Thorpe	Basildon	38
10	U15 B	Harrison Smith	East Essex Tri	41
11	U15 B	George Day	Orion H	54
12	U15 B	Ben Miller	Colchester & T	61
13	U15 B	Adam Harley	East Essex Tri	63
14	U15 B	Joshua Iton	Orion H	77
15	U15 B	Lewis Debenham	Havering M	82
16	U15 B	Joe Kidd	Basildon	86
17	U15 B	Oliver Bath	Havering M	97
18	U15 B	Connor Culham	Braintree	99
19	U15 B	Cameron Kerr	Discovery Tri	109
20	U15 B	Zak Churn	Benfleet	111
21	U15 B	Michael Hodges	Southend	114
22	U15 B	Alex Smith	Chelmsford	122
23	U15 B	Alex Lione	Cambridge & C	134
24	U15 B	James Stewart	Havering M	145
25	U15 B	Ben Brooks	East Essex Tri	177

Pos	Cat	Athlete	Team	Pts
1	U17 W	Gemma Holloway	Thurrock H	4
2	U17 W	Lydia Hallam	Havering M	15
3	U17 W	Katie Solis	Chelmsford	17
4	U17 W	Sarah Wilson	Havering M	25
5	U17 W	Isobel Ives	Basildon	37
6	U17 W	Megan Williams	Chelmsford	39
7	U17 W	Lucy Kidwell	Southend	69
8	U17 W	Joy Huggins	Colchester H	75
9	U17 W	Madeleine Carr	Orion H	87
10	U17 W	Abbi-May Walters	Benfleet	93
11	U17 W	Laura Kidd	Basildon	97
12	U17 W	Joelle Ewen	Orion H	114
13	U17 W	Megan Clark	East Essex Tri	120

Pos	Cat	Athlete	Team	Pts
1	U17 M	Timothy Cobden	Cambridge & C	7
2	U17 M	Adam Jordan	Southend	19
3	U17 M	Christian Gray	Basildon	21
4	U17 M	Harry Topham	Cambridge & C	29
5	U17 M	Joe Ray	Southend	44
6	U17 M	Abdul Mohamed	Havering M	45
7	U17 M	Eddy Cooper	Benfleet	50
8	U17 M	Adam Foster	Benfleet	52
9	U17 M	Ryan Creasey	Benfleet	57
10	U17 M	Matthew Braybrook	Havering M	60
11	U17 M	Ben Pattison	Orion H	61
12	U17 M	James Hiscock	Benfleet	65
13	U17 M	Henry Snell	Southend	76
14	U17 M	Curtis Wood	Cambridge & C	90
15	U17 M	Euan Harlow	Havering M	96
16	U17 M	Kieran Feltham	Benfleet	97
17	U17 M	Donald Campbell	Harlow	101
18	U17 M	Thomas Young	Orion H	105
19	U17 M	Bradley West	Havering M	109
20	U17 M	Michael Williams	Benfleet	116
21	U17 M	Michael Feltham	Benfleet	118
22	U17 M	Steve Davies	Basildon	120
23	U17 M	Joe Payne	Basildon	123

Pos	Cat	Athlete	Team	Pts
1	U20	Emily Bullis	Basildon	30
2	U20	Hayley Lamkin	Southend	35
3	U20	Sarah Imbush	Southend	56
4	U20	Isabella Woods	Havering M	58
5	U20	Molly Huggins	Colchester H	59
6	U20	Jessica Swain	Chelmsford	66
7	U20	Zoe Easdon	Basildon	117
8	U20	Lindsey Wiggins	Havering M	121

Pos	Cat	Athlete	Team	Pts
1	U20	Ross Tennant	Ipswich H	30
2	U20	Bradley Wattleworth	Ipswich H	37
3	U20	Rhys Gillard	Southend	54
4	U20	Tom Richardson	Basildon	66
5	U20	Darren Blackwell	Chelmsford	84
6	U20	Ashley Capel	Southend	90
7	U20	James Hall	Benfleet	235
8	U20	Andrew Holland	Havering M	324

Pos	Cat	Athlete	Team	Pts
1	SW	Claire Thurgood	Orion H	20
2	SW	Claire Somerton	Cambridge & C	24
3	SW	Dominique Ballard	Benfleet	32
4	SW	Laura Shoebridge	Colchester H	40
5	SW	Carys Sutton	Chelmsford	46
6	SW	Rebecca Rowley	Chelmsford	46
7	SW	Natalie Griffiths	Cambridge & C	49
8	SW	Emily Ballard	Basildon	111
9	SW	Andrea James	Colchester H	116
10	SW	Jenny Sheehan	Ilford	159
11	SW	Kayleigh Beedon	Braintree	216
12	SW	Roma Sands	Phoenix	303
13	SW	Nicky Gordon	Phoenix	356

Pos	Cat	Athlete	Team	Pts
1	SM	David Fewell	Chelmsford	8
2	SM	David Gibbon	Southend	11
3	SM	Rob Warner	Havering M	22
4	SM	Chris Sellens	Colchester H	43
5	SM	Grant Webb	Basildon	43
6	SM	Mark Woodley	Chelmsford	45
7	SM	Brian Jenkins	Orion H	62
8	SM	Tom Cammack	Springfield S	75
9	SM	Patrick Walsh	Southend	80
10	SM	Oliver Park	Cambridge & C	82
11	SM	Alex Houghton	Thurrock H	91
12	SM	Ian Anthony	Havering M	108
13	SM	Ian Clark	Orion H	127
14	SM	Lee Taylor	Southend	151
15	SM	Tim Ballard	Colchester H	164
16	SM	Richard Park	Cambridge & C	168
17	SM	Neil McGown	Orion H	187
18	SM	Kevin Newell	Ilford	227
19	SM	Mark Harrod	Colchester H	227
20	SM	Graeme Kennedy	Cambridge & C	233
21	SM	James Williams	Chelmsford	248
22	SM	Anthony Tobin	Thurrock H	297
23	SM	Andy Doig	Pitsea	346
24	SM	Luke Jackson	Havering M	401
25	SM	Dan Augustin	Mid Essex C	430
26	SM	Adam Gordon	Phoenix S	455
27	SM	Stuart Colley	Orion H	459

28 SM	Michael Cerny	Benfleet	469
29 SM	Tony Collins	Havering M	565
30 SM	Charlie Scott	Southend	569
31 SM	Chris Footer	Phoenix S	569
32 SM	Ricky Bullis	Basildon	578
33 SM	Gary Cullen	Phoenix S	586
34 SM	Leighton Williams	Mid Essex C	641
35 SM	Robert Frost	Phoenix S	674

Pos	Cat	Athlete	Team	Pts
1	V35	Debbie Appleton	Havering M	12
2	V35	Denise Morley	Colchester H	43
3	V35	Wendy King	Chelmsford	57
4	V35	Amanda Henry	Colchester H	84
5	V35	Anne Jenkinson	Southend	105
6	V35	Jo Sullivan	Havering M	109
7	V35	Natasha Lagden	Southend	115
8	V35	Hayley Rogerson	Orion H	131
9	V35	Lorraine Gosling	Orion H	162
10	V35	Debbielyn Hallam	Southend	228
11	V35	Kirsty Williams	Springfield S	229
12	V35	Maureen Lear	Havering M	243
13	V35	Clare Rudgley	Havering M	278

Pos	Cat	Athlete	Team	Pts
1	V40	Allen Smalls	Colchester H	86
2	V40	Matt Bland	Havering M	133
3	V40	Craig Dyce	Cambridge & C	137
4	V40	Scott Rice	Thurrock H	153
5	V40	Neil Swift	Orion H	176
6	V40	John Green	Thurrock H	215
7	V40	Giles Hopkinson	Orion H	224
8	V40	Don Lawless	Thurrock H	258
9	V40	David Wilson	Orion H	304
10	V40	Glen Gosling	Orion H	326
11	V40	Greg Wisken	Mid Essex C	331
12	V40	Adrian Smith	Orion H	350
13	V40	Alan Monte	Southend	354
14	V40	Jon Byford	Springfield S	356
15	V40	Barry Ward	Havering M	387
16	V40	Bradley Brown	Ilford	388
17	V40	Martin Mack	Thurrock H	417
18	V40	Gary Cahill	Thurrock H	439
19	V40	David Findlay	Basildon	444
20	V40	Julian Davies	Havering M	455
21	V40	Myles Coulson	Braintree	477
22	V40	Jeff Bolton	Southend	504
23	V40	Ian Glover	Southend	525
24	V40	Matt Gillard	Southend	547
25	V40	Glen Irwin	Orion H	556
26	V40	Andrew Dodd	Orion H	591
27	V40	Nick Vincent	Southend	610
28	V40	Paul Skerritt	Orion H	734

Pos	Cat	Athlete	Team	Pts
1	V45	Margaret Deasey	Colchester & T	13
2	V45	Christine Inch	Orion H	131
3	V45	Lorna Gaffney	Loughton	152
4	V45	Lindsey Rolerkite	Braintree	168
5	V45	Dianne Crisp	Ilford	174
6	V45	Nicola Hopkinson	Ilford	199
7	V45	Jane Hallam	Havering M	206
8	V45	Annette Johnson	Benfleet	241
9	V45	Beryl De Smedt	Phoenix	267
10	V45	Teresa Pearmain	Southend	279
11	V45	Nicola Maslen	Phoenix	294
12	V45	Debra Pumfrett	Phoenix	303
13	V45	Sally Newman-Russell	Southend	314
14	V45	Sarah Goodwin	Springfield S	320
15	V45	Michaela Davis	Loughton	323
16	V45	Adele Moggan	Phoenix	326

Pos	Cat	Athlete	Team	Pts
1	V50	Colin Ridley	Colchester H	160
2	V50	Paul Berrett	Havering M	238
3	V50	John Metcalf	Thurrock H	316
4	V50	Dave Brock	Orion H	373
5	V50	Peter Tullett	Chelmsford	401
6	V50	Bill Bennett	Orion H	473
7	V50	Bernard Johnson	Thurrock H	501
8	V50	Ted Skinner	Tiptree	508
9	V50	Gary Bartlett	Orion H	545
10	V50	Paul Williams	Orion H	575
11	V50	Dave Lane	Phoenix S	638
12	V50	Steve Cheal	Ilford	642
13	V50	Graham Hall	Orion H	647
14	V50	Stephen Middleton	Southend	651
15	V50	Eddie Mills	Phoenix S	663
16	V50	Peter Bulaitis	Orion H	674
17	V50	Steve Williams	Chelmsford	696
18	V50	Colin Wiggins	Havering M	705

Pos	Cat	Athlete	Team	Pts
1	V55	Bree Nordin	Ilford	151
2	V55	Jean Hobbs	Loughton	254
3	V55	Teresa Flannigan	Pitsea	312
4	V55	Susan Vine	Phoenix	369

Pos	Cat	Athlete	Team	Pts
1	V60	Mike Bumstead	Thurrock H	341
2	V60	Peter Binns	Southend	468
3	V60	Brian Butcher	Mid Essex C	610
4	V60	David Game	Mid Essex C	638
5	V60	David Hobbs	Loughton	694

Pos	Cat	Athlete	Team	Pts
1	V70	Charlie Ross	Chelmsford	733