

INDIVIDUAL POSITIONS BY AGE CATEGORY AFTER 5 RACES (Best 4 scores count)

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U13G	Aoibheann Pearce	Orion Harriers	8	1	U13B	David Dow	Cambridge & Coleridge AC	4
2	U13G	Ndidikama Okoh	Chelmsford AC	11	2	U13B	Harry Parker	Thurrock Harriers	11
3	U13G	Eleanor MacIntosh	Cambridge & Coleridge AC	12	3	U13B	Zack Bridgeland	Chelmsford AC	14
4	U13G	Frances Haines	Cambridge & Coleridge AC	19	4	U13B	Max Godfrey	Cambridge & Coleridge AC	17
5	U13G	Molly Sweetman	Havering AC	29	5	U13B	Jay Shotter	Orion Harriers	20
6	U13G	Martha Smith	Chelmsford AC	31	6	U13B	Kai Boggan	Harlow AC	33
6	U13G	Kiera Hornsby	Braintree & District AC	31	7	U13B	Max Caulfield	Colchester Harriers AC	39
8	U13G	Grace Dukelow	Havering AC	43	8	U13B	Tommy Bridger	Cambridge & Coleridge AC	48
9	U13G	Rosie Shaw	Orion Harriers	61	8	U13B	Daniel Houchell	Basildon AC	48
10	U13G	Kierra Scott	Thurrock Harriers	65	10	U13B	Joseph Hudson	Southend-on-Sea AC	49
11	U13G	Tilly Borrett	Cambridge & Coleridge AC	67	11	U13B	Luke Savage	Basildon AC	55
12	U13G	Becci Leddy	Orion Harriers	74	11	U13B	George Whisken	Cambridge & Coleridge AC	55
12	U13G	Sophie Wetheridge	Basildon AC	74	13	U13B	Finley Lowe	Thurrock Harriers	60
14	U13G	Charlotte Grant	Orion Harriers	77	14	U13B	Ben Prior	Thurrock Harriers	69
15	U13G	Savanna Sirkett	Harlow AC	88	15	U13B	Alex Ford	Havering AC	78
16	U13G	Iris Brandon	Orion Harriers	94	16	U13B	Kyle Gill	East Essex Triathlon Club	79
17	U13G	Aaliyah Davies	Havering AC	101	17	U13B	Sam Wheatley	Southend-on-Sea AC	86
18	U13G	Jessica James	Havering AC	112	18	U13B	Joseph Boneham	Cambridge & Coleridge AC	87
19	U13G	Amy Raven	Thurrock Harriers	113	19	U13B	Hugh Dow	Cambridge & Coleridge AC	93
20	U13G	Sophie Anderson	Southend-on-Sea AC	129	20	U13B	Joe Morgan	Harlow AC	94
21	U13G	Summer Thorpe	Basildon AC	134	21	U13B	Manraj Gill	Ilford AC	96
22	U13G	Ella King	Havering AC	161	22	U13B	Henry Lay	Havering AC	108
23	U13G	Capucine Pochet	Orion Harriers	174	23	U13B	James Wright	Basildon AC	113
24	U13G	Chloe Rutter	Havering AC	180	24	U13B	Bradley Deacon	Ilford AC	120
					25	U13B	Henry Jones	Orion Harriers	136
					26	U13B	Saul Ashon	Orion Harriers	144
					27	U13B	Henri Willett	Thurrock Harriers	153
					28	U13B	Jack Saunders	Benfleet Running Club	154
					29	U13B	Alexandre Davis	Chelmsford AC	158
					30	U13B	Scott Thomas	Chelmsford AC	161
					31	U13B	William Newcombe	Cambridge & Coleridge AC	162
					32	U13B	Leslie Anaglavi	Southend-on-Sea AC	181
					33	U13B	Billy Saunders	Benfleet Running Club	184
					34	U13B	James Lee	Basildon AC	186

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U15G	Rachel Broome	Chelmsford AC	7	1	U15B	Jamie Sales	Cambridge & Coleridge AC	13
2	U15G	Sinead Clark	Benfleet Running Club	9	2	U15B	Toby Wright	Southend-on-Sea AC	14
3	U15G	Kate O'Neill	Havering AC	15	3	U15B	Ben Miller	Colchester & Tendring AC	15
4	U15G	Annabel Quantrill	Cambridge & Coleridge AC	20	4	U15B	Thomas Keen	Cambridge & Coleridge AC	21
5	U15G	Charlotte Brooks	East Essex Triathlon Club	43	5	U15B	Rushwan Lewis	Benfleet Running Club	23
6	U15G	Nancy Callagher	Orion Harriers	56	6	U15B	Lewis Debenham	Havering AC	32
7	U15G	Jessica Mitchell	Havering AC	59	7	U15B	Sam Norris	Southend-on-Sea AC	33
8	U15G	Genevieve Pate	Benfleet Running Club	64	8	U15B	Oliver Newman	Cambridge & Coleridge AC	38
9	U15G	Scarlett Pochet	Orion Harriers	65	9	U15B	Lewis Harknett	Harlow AC	48
9	U15G	Lucy Ball	Thurrock Harriers	65	10	U15B	Joseph Owen	Orion Harriers	56
9	U15G	Grace Goodall	Benfleet Running Club	65	11	U15B	Tom Stuttle	Southend-on-Sea AC	58
12	U15G	Juliette LeMare	Southend-on-Sea AC	70	12	U15B	Matt Norris	Southend-on-Sea AC	61
13	U15G	Heather Peters	Thurrock Harriers	75	13	U15B	James Wood	Orion Harriers	75
14	U15G	Amba Coombe	Havering AC	77	13	U15B	Josh Borrett	Cambridge & Coleridge AC	75
15	U15G	Yasmin Robinson	Benfleet Running Club	89	15	U15B	Sam Walsh	Basildon AC	78
16	U15G	Catherine Barker	Havering AC	93	16	U15B	Sam Atkins	Havering AC	88
16	U15G	Natasha Walter	Southend-on-Sea AC	93	17	U15B	Callum Liassi	Benfleet Running Club	90
18	U15G	Mia Slesser	Southend-on-Sea AC	100	18	U15B	Dexter Goward	Benfleet Running Club	99
19	U15G	Emily James	Havering AC	116	18	U15B	Mitch Lawrence	Southend-on-Sea AC	99
20	U15G	Charlotte Gower	Chelmsford AC	123	20	U15B	Reece Scott	Thurrock Harriers	101
					21	U15B	Luke Gill	East Essex Triathlon Club	113
					22	U15B	Sarab Dillion	Thurrock Harriers	124
					23	U15B	Matthew Houchell	Basildon AC	133

Pos	Cat	Athlete	Team	Pts
1	U17W	Emma Schaertlin-Coffey	Cambridge & Coleridge AC	38
2	U17W	Megan Williams	Chelmsford AC	39
3	U17W	Lydia Callan	Colchester & Tendring AC	46
4	U17W	Brooke Mensah	Thurrock Harriers	63
5	U17W	Mia Pesci	Cambridge & Coleridge AC	74
6	U17W	Georgina Sturgeon	Colchester & Tendring AC	87
7	U17W	Emily Warren	Benfleet Running Club	114
1	U20W	Beatrice Fitzsimons	Cambridge & Coleridge AC	12
2	U20W	Emily Bullis	Basildon AC	25
3	U20W	Isabella Woods	Havering AC	45
4	U20W	Annabel Matthews-Smith	Southend-on-Sea AC	73
5	U20W	Laura Kidd	Basildon AC	103

Pos	Cat	Athlete	Team	Pts
1	U17M	Rob Huckle	Cambridge & Coleridge AC	5
2	U17M	Christian Gray	Basildon AC	13
3	U17M	Max Jones	Basildon AC	17
4	U17M	Adam Jordan	Southend-on-Sea AC	18
5	U17M	Ben Pattison	Orion Harriers	29
6	U17M	Jordan Wood	Cambridge & Coleridge AC	31
7	U17M	Thomas Young	Orion Harriers	35
8	U17M	Eddy Cooper	Benfleet Running Club	56
9	U17M	Josh Iton	Orion Harriers	59
10	U17M	Charlie Weston	Orion Harriers	60
11	U17M	James Hiscock	Benfleet Running Club	61
12	U17M	Ramadan Osman	Colchester & Tendring AC	64
13	U17M	Nathan Brearley	Chelmsford AC	68
14	U17M	Kudzai Magure	Orion Harriers	86
15	U17M	Michael Hodges	Southend-on-Sea AC	95
15	U17M	Ryan Creasey	Benfleet Running Club	95
17	U17M	Jordan Chrisostomu	Orion Harriers	97
18	U17M	James Stewart	Havering AC	104
19	U17M	Conor Culham	Braintree & District AC	105
20	U17M	Donald Campbell	Harlow AC	107
21	U17M	Cameron Kerr	Braintree & District AC	120
22	U17M	Michael Williams	Benfleet Running Club	121
23	U17M	Luke Strudwick	Thurrock Harriers	130

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	SW	Claire Somerton	Cambridge & Coleridge AC	19	1	U20	Tim Cobden	Cambridge & Coleridge AC	44
2	SW	Natalie Griffiths	Cambridge & Coleridge AC	26	2	U20	Darren Blackwell	Chelmsford AC	74
3	SW	Megan Evans	Chelmsford AC	30	3	U20	James Nadin	Chelmsford AC	85
4	SW	Rebecca Luxton	Chelmsford AC	39	4	U20	Haider Razzaq	Orion Harriers	125
5	SW	Krystle Balogun	Ilford AC	57	5	U20	Joe Ray	Southend-on-Sea AC	135
6	SW	Sarah Jeffery	Southend-on-Sea AC	66	6	U20	Joesph Nourse	Braintree & District AC	158
7	SW	Louise Douglas	Basildon AC	73	7	U20	Abdul Mohammed	Havering AC	192
8	SW	Ella Neale	Colchester Harriers AC	88	8	U20	Curtis Wood	Cambridge & Coleridge AC	241
9	SW	Jenni Sheehan	Ilford AC	95	9	U20	Henry Snell	Southend-on-Sea AC	368
10	SW	Holly Gillard	Southend-on-Sea AC	105					
11	SW	Katie Wilkinson	Benfleet Running Club	172	1	SM	Sullivan Smith	Cambridge & Coleridge AC	4
12	SW	Kayleigh Beedon	Braintree & District AC	218	2	SM	Frankie Conway	Orion Harriers	10
13	SW	Danielle Hughes	Phoenix Striders	243	3	SM	Mark Sandford	Chelmsford AC	17
					4	SM	Rob Warner	Havering AC	19
1	W35	Debbie Appleton	Havering AC	18	5	SM	Grant Webb	Basildon AC	27
2	W35	Sally Mhlanga	Chelmsford AC	46	6	SM	Tom Gardner	Ilford AC	37
3	W35	Wendy King	Chelmsford AC	47	7	SM	Carwyn Jones	Colchester Harriers AC	54
4	W35	Carrie Bedingfield	Cambridge & Coleridge AC	69	8	SM	Rhys Gillard	Southend-on-Sea AC	61
5	W35	Anne Jenkinson	Southend-on-Sea AC	88	9	SM	Ian Clark	Orion Harriers	69
6	W35	Emma Buckland	Cambridge & Coleridge AC	99	10	SM	Ashley Capel	Southend-on-Sea AC	73
6	W35	Hayley Rogerson	Orion Harriers	99	11	SM	Alex Houghton	Thurrock Harriers	85
8	W35	Vic Curren	Springfield Striders RC	110	12	SM	Istvan Jasco	Cambridge & Coleridge AC	88
9	W35	Natasha Lagden	Southend-on-Sea AC	135	13	SM	James Williams	Chelmsford AC	106
10	W35	Joanne Sullivan	Havering AC	143	14	SM	Paul Grange	Havering AC	114
11	W35	Lorraine Gosling	Orion Harriers	149	15	SM	Lee Taylor	Southend-on-Sea AC	125
12	W35	Liz Maidment	Orion Harriers	208	16	SM	Stuart Raven	Springfield Striders RC	154
13	W35	Sarah Norton	Benfleet Running Club	211	17	SM	Richard Park	Cambridge & Coleridge AC	158
14	W35	Maureen Lear	Havering AC	223	18	SM	Tim Ballard	Colchester Harriers AC	168
15	W35	Debbielyn Hallam	Southend-on-Sea AC	239	19	SM	Iain Wood	Cambridge & Coleridge AC	182
16	W35	Kirsty Williams	Springfield Striders RC	240	20	SM	Neil McGoun	Orion Harriers	192
17	W35	Ruth Roberts	Phoenix Striders	247	21	SM	David Wilson	Orion Harriers	258
18	W35	Karen Chapman	Springfield Striders RC	271	22	SM	Durward Whitehead	Cambridge & Coleridge AC	264
19	W35	Bobbie Westwood	Havering AC	336	23	SM	Graeme Kennedy	Cambridge & Coleridge AC	270
					24	SM	Kevin Bates	Basildon AC	350
1	W45	Denise Morley	Colchester Harriers AC	53	25	SM	Derek Hatley	Cambridge & Coleridge AC	394
2	W45	Debbie Cattermole	Colchester Harriers AC	110	26	SM	Peter Barrett	Thrift Green Trotters	401
3	W45	Joanne Smith	Chelmsford AC	128	27	SM	Buddy Green	Orion Harriers	402
4	W45	Mary Armitage	Orion Harriers	162	28	SM	Nick Knight	Thrift Green Trotters	406
5	W45	Lorna Gaffney	Loughton AC	192	29	SM	Steve Surety	Basildon AC	447
6	W45	Lorna Pettifer	Mid Essex Casuals	200	30	SM	Iain Scott	Thurrock Harriers	478
7	W45	Jane Hallam	Havering AC	202	31	SM	Chris Footer	Phoenix Striders	484
8	W45	Juliet Ward	Havering AC	210	32	SM	Leighton Williams	Mid Essex Casuals	554
9	W45	Annette Johnson	Benfleet Running Club	225					
10	W45	Debbie Smith	Phoenix Striders	234	1	V40	Malcolm Muir	Ilford AC	39
11	W45	Elaine Tribley	Springfield Striders RC	261	2	V40	Matt Bland	Havering AC	91
11	W45	Mandy Cooper	Benfleet Running Club	261	3	V40	Allen Smalls	Colchester Harriers AC	99
13	W45	Nicola Maslen	Phoenix Striders	323	4	V40	Barny Foot	Orion Harriers	103
14	W45	Sally Newman-Russell	Southend-on-Sea AC	332	5	V40	Scott Rice	Thurrock Harriers	122
15	W45	Debra Pumfrett	Phoenix Striders	335	6	V40	Colin Read	Orion Harriers	145
					7	V40	Mark Harrod	Colchester Harriers AC	167
1	W55	Breege Nordin	Ilford AC	144	8	V40	Adam Baker	Orion Harriers	214
2	W55	Fran Norris	Colchester Harriers AC	180	9	V40	Giles Hopkinson	Orion Harriers	222
3	W55	Gaye Shillaker	Loughton AC	204	10	V40	Alec Kyriakides	Southend-on-Sea AC	238
4	W55	Valerie Sinclair	Pitsea Running Club	269	11	V40	John Whitehouse	Loughton AC	252
5	W55	Helen Williams	Pitsea Running Club	298	12	V40	Paul Rogers	Colchester Harriers AC	253
6	W55	Teresa Flannigan	Pitsea Running Club	311	13	V40	Glen Gosling	Orion Harriers	338
7	W55	Gillian Harrison	Pitsea Running Club	319	13	V40	Graham Booty	Benfleet Running Club	338
					15	V40	Andrew Low	Benfleet Running Club	367
					16	V40	Carl Easton	Phoenix Striders	378
					17	V40	Mike Grout	Benfleet Running Club	408

18	V40	Stuart Colley	Orion Harriers	420
19	V40	Al Monte	Southend-on-Sea AC	428
20	V40	Barry Ward	Havering AC	450
21	V40	Matt Gillard	Southend-on-Sea AC	529

1	V50	Colin Ridley	Colchester Harriers AC	121
2	V50	Mike Bridgeland	Chelmsford AC	164
3	V50	Don Lawless	Thurrock Harriers	225
4	V50	Peter West	Colchester Harriers AC	282
5	V50	Neil Crisp	Ilford AC	304
6	V50	Kevin Julian	Orion Harriers	308
7	V50	Jonathan Metcalf	Thurrock Harriers	333
8	V50	Dave Brock	Orion Harriers	334
9	V50	Keith Thornton	Thrift Green Trotters	361
10	V50	Peter Tullett	Chelmsford AC	364
11	V50	Charlie Ritchie	Cambridge & Coleridge AC	394
12	V50	Gary Bartlett	Orion Harriers	500
13	V50	Bernie Johnson	Thurrock Harriers	506
14	V50	Ricky Bullis	Basildon AC	524
15	V50	Andrew Dodd	Orion Harriers	527
16	V50	Don Sinclair	Pitsea Running Club	530
17	V50	Kevin Kirby	Chelmsford AC	538
18	V50	Stephen Burton	Benfleet Running Club	549
19	V50	Paul Williams	Orion Harriers	561
20	V50	Steve Cheal	Ilford AC	583
21	V50	Steve Williams	Chelmsford AC	586
22	V50	Eddie Mills	Phoenix Striders	608
23	V50	Mick Hodges	Southend-on-Sea AC	641

1	V60	Peter Binns	Southend-on-Sea AC	446
2	V60	Pat Knowles	Springfield Striders RC	589

1	V70	Charlie Ross	Chelmsford AC	580
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