



Essex Cross Country League (5)

Sponsored by

<u>Colchester</u>		<u>U13 Girls</u>	<u>31/01/2015</u>
Pos	Name	Team	Time
1	Ndidikama Okoh	Chelmsford AC	10: 33
2	Eleanor MacIntosh	Cambridge & Coleridge AC	41
3	Lucy Aitchison	Chelmsford AC	45
4	Grace Dukelow	Havering AC	50
5	Martha Smith	Chelmsford AC	55
6	Molly Sweetman	Havering AC	57
7	Georgia Tombs	Braintree & District AC	11: 01
8	Holly Dowsett-Ward	Thurrock Harriers	05
9	Rosie Shaw	Orion Harriers	13
10	Faye Sweeting	Chelmsford AC	15
11	Demy Briggs	Thurrock Harriers	17
12	Alice Brown	Havering AC	19
13	Tilly Borrett	Cambridge & Coleridge AC	20
14	Kierra Scott	Thurrock Harriers	23
15	Becci Leddy	Orion Harriers	25
16	Sydney Foley	Havering AC	27
17	Eleanor White	Chelmsford AC	37
18	Hannah Bolton	Chelmsford AC	44
19	Iris Brandon	Orion Harriers	45
20	Savanna Sirkett	Harlow AC	49
21	Sophie Wetheridge	Basildon AC	51
22	Charlotte Grant	Orion Harriers	53
23	Kate Walker	Havering AC	55
24	Aaliyah Davies	Havering AC	12: 01
25	Tia Cocca	Chelmsford AC	11
26	Amy Raven	Thurrock Harriers	15
27	Summer Thorpe	Basildon AC	17
28	Sophie Anderson	Southend-on-Sea AC	23
29	Jessica James	Havering AC	29
30	Jemma Clarke	Benfleet Running Club	48
31	Freya Duffy	Havering AC	53
32	Ella King	Havering AC	54
33	Chloe Rutter	Havering AC	13: 34

Teams	
1	Chelmsford AC 19
2	Havering AC 38
3	Thurrock Harriers 59
4	Orion Harriers 65
5	Cambridge & Coleridge AC 15 (2)
6	Basildon AC 48 (2)
7	Braintree & District AC 7 (1)
8	Harlow AC 20 (1)
9	Southend-on-Sea AC 28 (1)
10	Benfleet Running Club 30 (1)

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<u>Colchester</u>				<u>U13 Boys</u>				<u>31/01/2015</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	David Dow	Cambridge & Coleridge AC	9: 09	41	Harrison Thorpe	Basildon AC	11: 52				
2	Danny Millward	Colchester Harriers AC	23	42	Ethan Douglas	Benfleet Running Club	12: 00				
3	Harry Parker	Thurrock Harriers	33	43	Taylor Jones	Southend-on-Sea AC	07				
4	Zack Bridgeland	Chelmsford AC	36	44	Thomas May	Southend-on-Sea AC	36				
5	Max Godfrey	Cambridge & Coleridge AC	43								
6	Max Caulfield	Colchester Harriers AC	44								
7	Oliver Woods	Havering AC	53								
8	Jay Shotter	Orion Harriers	54								
9	Kai Boggan	Harlow AC	54								
10	Jack Karmy	Chelmsford AC	58								
11	Joseph Hudson	Southend-on-Sea AC	59								
12	Tommy Bridger	Cambridge & Coleridge AC	10: 00								
13	Hugh Dow	Cambridge & Coleridge AC	02								
14	Finley Lowe	Thurrock Harriers	03								
15	Freddie Martin	Braintree & District AC	03								
16	Joseph Abbott	Chelmsford AC	06								
17	Luke Savage	Basildon AC	07								
18	Kyle Gill	East Essex Triathlon Club	09								
19	Joe Morgan	Harlow AC	10								
20	George Whisken	Cambridge & Coleridge AC	13								
21	Alex Ford	Havering AC	16								
22	Daniel Houchell	Basildon AC	18								
23	Henry Lay	Havering AC	22								
24	Sam Wheatley	Southend-on-Sea AC	24								
25	Joseph Boneham	Cambridge & Coleridge AC	25								
26	William Newcombe	Cambridge & Coleridge AC	29								
27	Manraj Gill	Ilford AC	32								
28	James Wright	Basildon AC	34								
29	Ben Prior	Thurrock Harriers	37								
30	Dominic Jarvis	Havering AC	38								
31	Jake Borrett	Cambridge & Coleridge AC	39								
32	Saul Ashon	Orion Harriers	41								
33	Bradley Deacon	Ilford AC	53								
34	George Hay	Southend-on-Sea AC	11: 01								
35	Henri Willett	Thurrock Harriers	05								
36	Scott Thomas	Chelmsford AC	09								
37	Alexandre Davis	Chelmsford AC	14								
38	James Lee	Basildon AC	24								
39	Daniel Mayes	East Essex Triathlon Club	27								
40	Joseph Wheeler	Cambridge & Coleridge AC	33								

Teams		
1	Cambridge & Coleridge AC	31
2	Chelmsford AC	66
3	Havering AC	81
4	Thurrock Harriers	81
5	Basildon AC	105
6	Southend-on-Sea AC	112
7	Colchester Harriers AC	8 (2)
8	Harlow AC	28 (2)
9	Orion Harriers	40 (2)
10	East Essex Triathlon Club	57 (2)
11	Ilford AC	60 (2)
12	Braintree & District AC	15 (1)
13	Benfleet Running Club	42 (1)

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Essex Cross Country League (5)

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<u>Colchester</u>		<u>U15 Girls</u>	<u>31/01/2015</u>	
Pos	Name	Team	Time	
1	Rachel Broome	Chelmsford AC	15:	17
2	Sinead Clark	Benfleet Running Club		34
3	Annabel Quantrill	Cambridge & Coleridge AC		57
4	Nancy Callagher	Orion Harriers	16:	18
5	Abbey Rex	Basildon AC		22
6	Lucy Ball	Thurrock Harriers		45
7	Genevieve Pate	Benfleet Running Club		53
8	Grace Goodall	Benfleet Running Club		56
9	Amba Coombe	Havering AC		59
10	Mia Slessor	Southend-on-Sea AC	17:	05
11	Isobel Mills	Orion Harriers		21
12	Jasmine Rapley	Cambridge & Coleridge AC		26
13	lilly Woollett	Chelmsford AC		32
14	Catherine Barker	Havering AC		34
15	Ruby Buchan	Cambridge & Coleridge AC		37
16	Natasha Walter	Southend-on-Sea AC		59
17	Heather Peters	Thurrock Harriers	18:	14
18	Emily Donaghue	Colchester & Tendring AC		14
19	Grace MacLeod	Havering AC		15
20	Juliette LeMare	Southend-on-Sea AC		44
21	Emily James	Havering AC	19:	02
22	Amelia Day	Havering AC		52
23	Charlotte Gower	Chelmsford AC	20:	45
24	Bonnie Lewis	Braintree & District AC	21:	48

Teams		
1	Havering AC	63
2	Benfleet Running Club	17 (3)
2	Cambridge & Coleridge AC	30 (3)
4	Chelmsford AC	37 (3)
5	Southend-on-Sea AC	46 (3)
6	Orion Harriers	15 (2)
7	Thurrock Harriers	23 (2)
8	Basildon AC	5 (1)
9	Colchester & Tendring AC	18 (1)
10	Braintree & District AC	24 (1)



Essex Cross Country League (5)

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<u>Colchester</u>		<u>U15 Boys</u>	<u>31/01/2015</u>	
Pos	Name	Team	Time	
1	Oliver Sewell	Cambridge & Coleridge AC	13:	22
2	Toby Wright	Southend-on-Sea AC		25
3	Ben Miller	Colchester & Tendring AC		41
4	Rushwan Lewis	Benfleet Running Club		55
5	Thomas Keen	Cambridge & Coleridge AC	14:	03
6	Oliver Newman	Cambridge & Coleridge AC		11
7	Sam Norris	Southend-on-Sea AC		18
8	Lewis Debenham	Havering AC		27
9	Matt Norris	Southend-on-Sea AC		35
10	Harry Smith	Southend-on-Sea AC		40
11	Tom Stuttle	Southend-on-Sea AC		41
12	James Wood	Orion Harriers		42
13	Reece Scott	Thurrock Harriers		44
14	Sam Atkins	Havering AC		44
15	Sam Walsh	Basildon AC		46
16	Josh Borrett	Cambridge & Coleridge AC		53
17	Mitch Lawrence	Southend-on-Sea AC	15:	02
18	Sarab Dillion	Thurrock Harriers		06
19	Luke Gill	East Essex Triathlon Club		40
20	Bailey Hearne	Havering AC		55
21	Matthew Houchell	Basildon AC	16:	12
22	Joe Boden	Colchester Harriers AC		44

Teams			
1	Southend-on-Sea AC		28
1	Cambridge & Coleridge AC		28
3	Havering AC	42	(3)
4	Thurrock Harriers	31	(2)
5	Basildon AC	36	(2)
6	Colchester & Tendring AC	3	(1)
7	Benfleet Running Club	4	(1)
8	Orion Harriers	12	(1)
9	East Essex Triathlon Club	19	(1)
10	Colchester Harriers AC	22	(1)



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Essex Cross Country League (5)

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U17/20 Women

31/01/2015

Pos	Age	Name	Team	Time
1	U20	Beatrice Fitzsimons	Cambridge & Coleridge AC	22: 09
2	U17	Belinda Dow	Cambridge & Coleridge AC	31
3	U20	Emily Bullis	Basildon AC	21: 04
4	U17	Megan Williams	Chelmsford AC	19
5	U20	Isabella Woods	Havering AC	33
6	U17	Emma Schaertlin-Coffey	Cambridge & Coleridge AC	43
7	U17	Brooke Mensah	Thurrock Harriers	56
8	U17	Mia Pesci	Cambridge & Coleridge AC	22: 27
9	U17	Georgina Sturgeon	Colchester & Tendring AC	47
10	U17	Sarah Wilson	Havering AC	54
11	U17	Megan Rapley	Basildon AC	23: 39
12	U17	Jessica Ward	Havering AC	24: 54
13	U17	Holly Hyde	Havering AC	25: 90
14	U20	Charlotte Kew	Colchester & Tendring AC	08
15	U20	Hannah Banks	Colchester & Tendring AC	26: 44

Teams

1	Cambridge & Coleridge AC	17
2	Havering AC	40
3	Colchester & Tendring AC	38 (3)
4	Basildon AC	14 (2)
5	Chelmsford AC	4 (1)
6	Thurrock Harriers	7 (1)

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<u>Colchester</u>		<u>U17 Men</u>	<u>31/01/2015</u>	
Pos	Name	Team	Time	
1	Rob Huckle	Cambridge & Coleridge AC	18:	35
2	Christian Gray	Basildon AC		42
3	Jordan Wood	Cambridge & Coleridge AC	19:	19
4	Thomas Young	Orion Harriers		21
5	Ben Pattison	Orion Harriers		29
6	Nathan Brearley	Chelmsford AC		47
7	Daniel Ashley	Basildon AC		58
8	Jordan Chrisostomu	Orion Harriers	20:	10
9	James Hiscock	Benfleet Running Club		24
10	Josh Iton	Orion Harriers		28
11	Eddy Cooper	Benfleet Running Club		41
12	Charlie Weston	Orion Harriers		55
13	James Stewart	Havering AC	21:	04
14	Ryan Creasey	Benfleet Running Club		09
15	Michael Hodges	Southend-on-Sea AC		21
16	Ellan Chess	Colchester & Tendring AC		59
17	Alex Smith	Chelmsford AC	22:	00
18	Conor Culham	Braintree & District AC		33
19	Alex Lione	Cambridge & Coleridge AC		45
20	Luke Strudwick	Thurrock Harriers		57
21	Michael Williams	Benfleet Running Club	25:	27

Teams	Time
1 Orion Harriers	27
2 Benfleet Running Club	55
3 Cambridge & Coleridge AC	23 (3)
4 Basildon AC	9 (2)
5 Chelmsford AC	23 (2)
6 Havering AC	13 (1)
7 Southend-on-Sea AC	15 (1)
8 Colchester & Tendring AC	16 (1)
9 Braintree & District AC	18 (1)
10 Thurrock Harriers	20 (1)



Essex Cross Country League (5)

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<u>Colchester</u>		<u>Senior Women</u>	<u>31/01/2015</u>	
Pos	Age	Name	Team	Time
1	SW	Claire Somerton	Cambridge & Coleridge AC	20: 15
2	W35	Debbie Appleton	Havering AC	26
3	SW	Vicky Smith	Havering AC	21: 18
4	SW	Laura Brooks	Thrift Green Trotters	36
5	SW	Laura Shewbridge	Colchester Harriers AC	44
6	SW	Ellie Mayne	Colchester Harriers AC	56
7	SW	Krystle Balogun	Ilford AC	22: 03
8	SW	Rebecca Luxton	Chelmsford AC	06
9	W35	Kelley Haniver	Colchester Harriers AC	16
10	SW	Louise Douglas	Basildon AC	17
11	W35	Wendy King	Chelmsford AC	20
12	SW	Sarah Jeffery	Southend-on-Sea AC	26
13	W35	Anne Jenkinson	Southend-on-Sea AC	37
14	W45	Denise Morley	Colchester Harriers AC	38
15	SW	Meestwot Dembele	Orion Harriers	23: 05
16	SW	Ella Neale	Colchester Harriers AC	06
17	SW	Andrea James	Colchester Harriers AC	16
18	SW	Jenni Sheehan	Ilford AC	21
19	W35	Hayley Rogerson	Orion Harriers	26
20	SW	Jo Eggeman	Cambridge & Coleridge AC	27
21	SW	Jo Hudson	Colchester Harriers AC	41
22	W45	Debbie Cattermole	Colchester Harriers AC	44
23	W35	Vic Curren	Springfield Striders RC	54
24	SW	Elizabeth Peterson	Benfleet Running Club	24: 03
25	W45	Joanne Smith	Chelmsford AC	06
26	W35	Natasha Lagden	Southend-on-Sea AC	20
27	SW	Jennifer Lovelock	Springfield Striders RC	25: 07
28	W55	Breege Nordin	Ilford AC	15
29	SW	Katie Wilkinson	Benfleet Running Club	27
30	W35	Lorraine Gosling	Orion Harriers	35
31	0	Angie Legg	Orion Harriers	41
32	W55	Fran Norris	Colchester Harriers AC	50
33	SW	Kayleigh Beedon	Braintree & District AC	26: 00
34	W45	Jane Hallam	Havering AC	13
35	W35	Hayley Barron	Orion Harriers	20
36	W45	Christine Inch	Orion Harriers	25
37	W45	Juliet Ward	Havering AC	31
38	W35	Nikki Barnett	Orion Harriers	36
39	SW	Danielle Hughes	Phoenix Striders	46
40	W45	Lorna Pettifer	Mid Essex Casuals	48
41	W35	Maureen Lear	Havering AC	55
42	W35	Liz Maidment	Orion Harriers	27: 06
43	W45	Sue Crompton	Southend-on-Sea AC	08
44	W45	Nicola Hopkinson	Ilford AC	11
45	W35	Sarah Norton	Benfleet Running Club	24

Teams (4 to score)	
1 Colchester Harriers AC	34
2 Havering AC	76
3 Southend-on-Sea AC	94
4 Orion Harriers	95
5 Ilford AC	97
6 Benfleet Running Club	147
7 Springfield Striders RC	149
8 Phoenix Striders	202
9 Pitsea Running Club	260
10 Chelmsford AC	44 (3)
11 Cambridge & Coleridge AC	21 (2)
12 Basildon AC	58 (2)
13 Thrift Green Trotters	4 (1)
14 Braintree & District AC	33 (1)
15 Mid Essex Casuals	40 (1)
16 East Essex Triathlon Club	51 (1)
17 Tiptree Road Runners	60 (1)

Veteran Team Result (3 to score)	
1 Colchester Harriers AC	45
2 Havering AC	73
3 Southend-on-Sea AC	82
4 Orion Harriers	84
5 Springfield Striders RC	122
6 Benfleet Running Club	152
7 Phoenix Striders	163
7 Pitsea Running Club	191
9 Chelmsford AC	36 (2)
10 Ilford AC	72 (2)
11 Mid Essex Casuals	40 (1)
12 Basildon AC	48 (1)
13 East Essex Triathlon Club	51 (1)
14 Tiptree Road Runners	60 (1)

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Pos	Age	Name	Team	Time
46	W45	Alison Gillan	Springfield Striders RC	27: 32
47	W35	Debbielyn Hallam	Southend-on-Sea AC	38
48	W35	Mandy Wetheridge	Basildon AC	28: 08
49	W45	Annette Johnson	Benfleet Running Club	10
50	W45	Pippa Dowswell	Orion Harriers	12
51	W45	Simone Collins	East Essex Triathlon Club	21
52	W45	Debbie Smith	Phoenix Striders	28
53	W45	Elaine Tribbley	Springfield Striders RC	42
54	W35	Kirsty Williams	Springfield Striders RC	50
55	W35	Ruth Roberts	Phoenix Striders	55
56	W35	Claire Kay	Phoenix Striders	29: 04
57	W35	Clare Rudgley	Havering AC	07
58	W45	Mandy Cooper	Benfleet Running Club	09
59	W35	Karen Chapman	Springfield Striders RC	10
60	W45	Zoe Gould	Tiptree Road Runners	11
61	W55	Cathy Beard	Colchester Harriers AC	32
62	W55	Valerie Sinclair	Pitsea Running Club	49
63	W55	Helen Williams	Pitsea Running Club	30: 24
64	SW	Roma Sands	Phoenix Striders	24
65	W45	Nicola Maslen	Phoenix Striders	31
66	W55	Teresa Flannigan	Pitsea Running Club	31: 12
67	W35	Laura Williams	Benfleet Running Club	24
68	W45	Sally Newman-Russell	Southend-on-Sea AC	32
69	W55	Gillian Harrison	Pitsea Running Club	39
70	W45	Adele Moggan	Phoenix Striders	33: 21

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<u>Colchester</u>			<u>Senior Men</u>	<u>31/01/2015</u>		
Pos	Age	Name	Team	Time	Teams	
1	SM	Sullivan Smith	Cambridge & Coleridge AC	26: 51	1 Havering AC	120
2	SM	Frankie Conway	Orion Harriers	59	2 Colchester Harriers AC	129
3	SM	Rob Warner	Havering AC	27: 23	3 Cambridge & Coleridge AC	132
4	V40	Malcolm Muir	Ilford AC	45	4 Orion Harriers	161
5	SM	Grant Webb	Basildon AC	50	5 Southend-on-Sea AC	187
6	SM	Tom Gardner	Ilford AC	54	6 Chelmsford AC	270
7	SM	Chris Sellens	Colchester Harriers AC	28: 02	7 Springfield Striders RC	289
8	U20	Tim Cobden	Cambridge & Coleridge AC	08	8 Thurrock Harriers	307
9	SM	Carwyn Jones	Colchester Harriers AC	19	9 Ilford AC	310
10	SM	Ashley Capel	Southend-on-Sea AC	26	10 Benfleet Running Club	400
11	U20	Darren Blackwell	Chelmsford AC	28	11 Phoenix Striders	489 (5)
12	SM	Pat Walsh	Southend-on-Sea AC	29	12 Thrift Green Trotters	294 (4)
13	SM	James Williams	Chelmsford AC	44	13 Basildon AC	321 (4)
14	SM	James Smith	Springfield Striders RC	49	14 Mid Essex Casuals	293 (3)
15	U20	James Nadin	Chelmsford AC	52	15 Pitsea Running Club	306 (3)
16	SM	Alex Houghton	Thurrock Harriers	55	16 Loughton AC	59 (1)
17	V40	Matt Bland	Havering AC	59	17 Witham Running Club	69 (1)
18	SM	Ian Clark	Orion Harriers	29: 00	18 Braintree & District AC	80 (1)
19	SM	Alfie Waitthaka	Havering AC	03		
20	V40	Allen Smalls	Colchester Harriers AC	16		
21	SM	Istvan Jasco	Cambridge & Coleridge AC	22		
22	SM	Paul Grange	Havering AC	27		
23	SM	Alex Eggeman	Cambridge & Coleridge AC	37		
24	V40	Barny Foot	Orion Harriers	43		
25	V40	Richard Heath	Havering AC	55		
26	SM	Lee Taylor	Southend-on-Sea AC	58		
27	V40	Scott Rice	Thurrock Harriers	30: 02		
28	V40	Lee Martin	Springfield Striders RC	03		
29	SM	Ben Franklin	Southend-on-Sea AC	05		
30	SM	Tim Ballard	Colchester Harriers AC	05		
31	V40	Mark Harrod	Colchester Harriers AC	06		
32	V50	Colin Ridley	Colchester Harriers AC	07		
33	V40	Jon Nears	Colchester Harriers AC	32		
34	U20	Abdul Mohammed	Havering AC	34		
35	SM	Stuart Raven	Springfield Striders RC	41		
36	V50	Mike Bridgeland	Chelmsford AC	45		
37	V40	Adam Baker	Orion Harriers	48		
38	SM	Neil McGoun	Orion Harriers	54		
39	SM	Iain Wood	Cambridge & Coleridge AC	57		
40	U20	Curtis Wood	Cambridge & Coleridge AC	31: 05		
41	V40	Terence Spooner	Benfleet Running Club	06		
42	V40	Tim Wright	Orion Harriers	08		
43	SM	Graeme Kennedy	Cambridge & Coleridge AC	08		
44	V50	Eric Paul	Orion Harriers	11		
45	V40	Paul Holloway	Ilford AC	21		
46	V40	Paul Rogers	Colchester Harriers AC	26		
47	V40	Alec Kyriakides	Southend-on-Sea AC	30		
48	V40	Paul Wyatt	Havering AC	33		
49	V50	Peter West	Colchester Harriers AC	38		
50	V50	Don Lawless	Thurrock Harriers	41		
51	SM	Durward Whitehead	Cambridge & Coleridge AC	44		
52	V40	Colin Read	Orion Harriers	46		
53	SM	Mark Crook	Orion Harriers	47		
54	V40	George Banbury	Orion Harriers	52		
55	SM	Dan Reynolds	Mid Essex Casuals	59		

Veteran Team Result (4 to score)		
1	Colchester Harriers AC	116
2	Orion Harriers	147
3	Havering AC	173
4	Ilford AC	208
5	Tiptree Road Runners	217
6	Benfleet Running Club	257
7	Springfield Striders RC	279
8	Southend-on-Sea AC	348
9	Chelmsford AC	362
10	Phoenix Striders	299 (3)
11	Pitsea Running Club	306 (3)
12	Thrift Green Trotters	139 (2)
13	Cambridge & Coleridge AC	184 (2)
14	Basildon AC	241 (2)
15	Loughton AC	59 (1)
16	Witham Running Club	69 (1)
17	Mid Essex Casuals	116 (1)

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Pos	Age	Name	Team	Time
56	U20	Kieran Feltham	Benfleet Running Club	32: 04
57	V40	John Barker	Thrift Green Trotters	09
58	SM	David Wilson	Orion Harriers	13
59	V40	John Whitehouse	Loughton AC	17
60	SM	Simon Taylor	Colchester Harriers AC	21
61	V50	Eamon Shelley	Thurrock Harriers	26
62	SM	Tom Gunning	Springfield Striders RC	30
63	U20	Henry Snell	Southend-on-Sea AC	31
64	V50	Chris Purse	Springfield Striders RC	51
65	V40	Carl Easton	Phoenix Striders	33: 05
66	V40	Graham Booty	Benfleet Running Club	07
67	V40	Andy Doig	Pitsea Running Club	11
68	V50	Peter Tullett	Chelmsford AC	21
69	V40	Leo Cole	Witham Running Club	22
70	V60	Andy Catton	Ilford AC	25
71	V40	Alan Clark	Benfleet Running Club	26
72	V50	Keith Thornton	Thrift Green Trotters	31
73	??	Position not claimed	Unknown	36
74	SM	Robert Doyle	Thurrock Harriers	41
75	SM	Kevin Bates	Basildon AC	42
76	V50	Nick Rankin	Benfleet Running Club	42
77	SM	Robert Vinicombe	Phoenix Striders	43
78	SM	Peter Barrett	Thrift Green Trotters	46
79	V60	Mick Bumstead	Thurrock Harriers	49
80	SM	Aaron Graves	Braintree & District AC	54
81	V50	Charlie Ritchie	Cambridge & Coleridge AC	57
82	SM	Derek Hatley	Cambridge & Coleridge AC	58
83	V40	Russ Middleton	Havering AC	34: 03
84	V40	Al Monte	Southend-on-Sea AC	23
85	SM	Zoltan Fodor	Orion Harriers	24
86	V40	Andy Thomas	Springfield Striders RC	27
87	SM	Nick Knight	Thrift Green Trotters	32
88	V40	Stuart Colley	Orion Harriers	34
89	V50	Terry Knightly	Ilford AC	37
90	SM	Michael Cerny	Benfleet Running Club	46
91	SM	Buddy Green	Orion Harriers	46
92	V50	Dave Brock	Orion Harriers	52
93	V40	Mike Grout	Benfleet Running Club	58
94	V60	Peter Binns	Southend-on-Sea AC	35: 42
95	V40	Barry Ward	Havering AC	43
96	SM	Iain Knightly	Ilford AC	59
97	SM	Iain Scott	Thurrock Harriers	36: 04
98	V40	Brian Venton	Benfleet Running Club	16
99	SM	Ben Chamberlain	Cambridge & Coleridge AC	18
100	SM	Ian Hawkes	Colchester Harriers AC	18
101	V50	Tim Brockington	Springfield Striders RC	35
102	V50	Bill Bennett	Orion Harriers	48
103	V50	Alan Hurloke	Cambridge & Coleridge AC	52
104	SM	Gerald Meah	Cambridge & Coleridge AC	56
105	V40	Dan Green	Orion Harriers	59
106	V50	Bernie Johnson	Thurrock Harriers	37: 24
107	V40	Patric Marsh	Colchester Harriers AC	30
108	V50	Gary Bartlett	Orion Harriers	51
109	V50	Paul Berrett	Havering AC	38: 2
110	SM	Chris Footer	Phoenix Striders	22

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Pos	Age	Name	Team	Time
111	V50	Dave Lane	Phoenix Striders	38: 22
112	V50	Stephen Burton	Benfleet Running Club	29
113	V50	Ricky Bullis	Basildon AC	35
114	V60	Paul Bryan	Colchester Harriers AC	51
115	V50	Don Sinclair	Pitsea Running Club	59
116	V50	Paul Franklin	Mid Essex Casuals	39: 20
117	V40	Graham Douglass	Benfleet Running Club	31
118	V50	John Chambers	Thurrock Harriers	41
119	V40	Andy Hind	Springfield Striders RC	53
120	V50	Steve Cheal	Ilford AC	54
121	SM	Tony Collins	Havering AC	40: 16
122	SM	Leighton Williams	Mid Essex Casuals	41: 06
123	V40	Matt Gillard	Southend-on-Sea AC	37
124	V50	Peter McLaughlin	Pitsea Running Club	42: 12
125	V40	Matt Maple	Ilford AC	44: 00
126	V50	Eddie Mills	Phoenix Striders	46
127	V70	Charlie Ross	Chelmsford AC	45: 01
128	V40	Matt Thorpe	Basildon AC	34
129	SM	Paul Probert	Springfield Striders RC	45
130	V60	Pat Knowles	Springfield Striders RC	46: 56
131	V50	Steve Williams	Chelmsford AC	48: 08
132	V70	Ron Dawson	Southend-on-Sea AC	49: 16
133	V50	Mick Hodges	Southend-on-Sea AC	52: 59

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