



Essex Cross Country League (5)

Sponsored by

<u>Colchester</u>		<u>U13 Girls</u>	<u>07-02-16</u>
Pos	Name	Team	Time
1	Abigail Ives	Basildon AC	10: 14
2	Faye Sweeting	Chelmsford AC	24
3	Georgia Tombs	Chelmsford AC	48
4	Sydney Foley	Havering AC	50
5	Hannah Bolton	Chelmsford AC	56
6	Charlotte Pratt	Harlow AC	59
7	Lily Bath	Havering AC	11: 00
8	Demi Eaves	Thurrock Harriers	00
9	Hollie Rex	Basildon AC	10
10	Sarah Blockley	Thurrock Harriers	13
11	Laurn Wood	Discovery Triathlon Club	34
12	Milly Prestland	Colchester Harriers AC	35
13	Tia Cocca	Chelmsford AC	37
14	Sophie Wetheridge	Basildon AC	47
15	Savanna Sirkett	Harlow AC	52
16	Evie Smith	Chelmsford AC	55
17	Sophie Anderson	Southend-on-Sea AC	57
18	Hannah Peacock	Thurrock Harriers	58
19	Rose Sheppard	Braintree & District AC	59
20	Annie Grannell	Havering AC	12: 04
21	Chloe Rand	Havering AC	05
22	Sasha Clark	Cambridge & Coleridge AC	06
23	Ellen Savidge	Harlow AC	07
24	MacKenzie Cranfield	Harlow AC	08
25	Alice Atkins	Havering AC	16
26	Rebecca O'Rourke	Havering AC	29
27	Mazy King	Colchester & Tendring AC	36
28	Madeleine Claydon	Colchester Harriers AC	53
29	Jessica James	Havering AC	56
30	Hannah Johnson	Havering AC	13: 04
31	Rose Mears	Havering AC	06
32	Emily Fall	Thurrock Harriers	22
33	Robyn Bartholomew	Southend-on-Sea AC	26
34	Ann Cooper	Havering AC	29
35	Jennifer Palmer	Colchester & Tendring AC	31
36	Georgia Middleton	Southend-on-Sea AC	33
37	Amalia Dean	Colchester Harriers AC	38
38	Morgan Romain	Havering AC	43
39	Maddie Booty	Thurrock Harriers	44
40	Jessie Collier	Havering AC	14: 04

Teams	
1	Chelmsford AC 23
2	Havering AC 52
3	Harlow AC 68
4	Thurrock Harriers 68
5	Basildon AC 24 (3)
6	Colchester Harriers AC 77 (3)
7	Southend-on-Sea AC 86 (3)
8	Colchester & Tendring AC 62 (2)
9	Discovery Triathlon Club 11 (1)
10	Braintree & District AC 19 (1)
11	Cambridge & Coleridge AC 22 (1)

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<u>Colchester</u>		<u>U13 Boys</u>	<u>07-02-16</u>	
Pos	Name	Team	Time	
1	Harry Parker	Thurrock Harriers	9:	42
2	Ziggy Lambton	Colchester Harriers AC		50
3	Joshua McGill	Basildon AC		55
4	Alex Ford	Havering AC	10:	03
5	Joe Morgan	Harlow AC		05
6	Ben Sloan	Harlow AC		10
7	Finnlay Lowe	Thurrock Harriers		14
8	William Newcombe	Cambridge & Coleridge AC		15
9	Ben Naish	Havering AC		17
10	Jamie Mack	Thurrock Harriers		18
11	Jack Saunders	Basildon AC		36
12	Henry Lay	Havering AC		37
13	Max Godfrey	Cambridge & Coleridge AC		38
14	Billy Saunders	Basildon AC		43
15	Scott Thomas	Chelmsford AC		45
16	Dominic Jarvis	Havering AC		54
17	George Hay	Southend-on-Sea AC		56
18	Henry Jones	Orion Harriers		57
19	Sam Sloan	Harlow AC		58
20	Dylan Harrid	Thurrock Harriers		59
21	Bradley Deacon	Ilford AC	11:	02
22	James Fraser	Cambridge & Coleridge AC		02
23	Matthew Hick	Ilford AC		03
24	Aiden Cahill	Braintree & District AC		17
25	Archie Conners	Benfleet Running Club		24
26	Timi McDaniel	Havering AC		26
27	Tom Wood	Discovery Triathlon Club		30
28	Seb Poskett-Richardson	Southend-on-Sea AC		31
29	Sunny Vehit	Thurrock Harriers		39
30	Jake Long	Havering AC		42
31	Reece Debenham	Havering AC		45
32	Oliver Middleton	Southend-on-Sea AC		52
33	William Ferguson	Braintree & District AC		54
34	Finlay Staff	Basildon AC	12:	05
35	Evan Johnstone	Ilford AC		08
36	Tom Puxley	Havering AC		56
37	William Mayes	East Essex Triathlon Club	13:	04
38	Teddy Norcott	Thurrock Harriers	14:	44

Teams	
1	Thurrock Harriers 38
2	Havering AC 41
3	Basildon AC 62
3	Harlow AC 30 (3)
5	Cambridge & Coleridge AC 43 (3)
6	Southend-on-Sea AC 77 (3)
7	Ilford AC 79 (3)
8	Braintree & District AC 57 (2)
9	Colchester Harriers AC 2 (1)
10	Chelmsford AC 15 (1)
11	Orion Harriers 18 (1)
12	Benfleet Running Club 25 (1)
13	Discovery Triathlon Club 27 (1)
14	East Essex Triathlon Club 37 (1)

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<u>Colchester</u>		<u>U15 Girls</u>	<u>07-02-16</u>	
Pos	Name	Team	Time	
1	Kate O'Neill	Havering AC	14:	28
2	Jessica Mitchell	Havering AC		53
3	Joanna Rimmington	Southend-on-Sea AC	15:	05
4	Lottie Rowedder	Harlow AC		11
5	Hayley Instance	Thurrock Harriers		53
6	Sophie Rand	Havering AC	16:	06
7	Grace Goodall	Benfleet Running Club		31
8	Grace Burrell	Basildon AC		52
9	J Williamson	Southend-on-Sea AC		57
10	Molly Bath	Havering AC		59
11	Grace Ralston	Southend-on-Sea AC	17:	15
12	Catherine Barker	Havering AC		28
13	Abbey Rex	Basildon AC		38
14	Molly Sweetman	Havering AC		42
15	Juliette LeMare	Southend-on-Sea AC		51
16	Genevieve Pate	Benfleet Running Club	18:	00
17	Ellisa Baggott	Colchester & Tendring AC		13
18	Chloe Morter	Havering AC		20
19	Ella Findlay	Basildon AC		37
20	Charlotte George	Basildon AC		57
21	Charlotte Wright	Havering AC	19:	11
22	Isabella Hicks	Ilford AC		20
23	Kate Walker	Havering AC		25
24	Emma Gadsdon	Colchester & Tendring AC		58

Teams

1	Havering AC	19
2	Southend-on-Sea AC	38
3	Basildon AC	60
4	Benfleet Running Club	23 (2)
5	Colchester & Tendring AC	41 (2)
6	Harlow AC	4 (1)
7	Thurrock Harriers	5 (1)
8	Ilford AC	22 (1)



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<u>Colchester</u>		<u>U15 Boys</u>	<u>07-02-16</u>	
Pos	Name	Team	Time	
1	Joseph Owen	Orion Harriers	13:	31
2	Lewis Harknett	Harlow AC		46
3	Sonny Bastone	Colchester & Tendring AC		52
4	Sam Norris	Southend-on-Sea AC	14:	02
5	Taylor Newell	Thurrock Harriers		12
6	Danny Millward	Colchester Harriers AC		18
7	Zach Bridgeland	Chelmsford AC		29
8	James Wood	Orion Harriers		30
9	Joseph Clarke	Orion Harriers		35
10	Jay Shotter	Orion Harriers		41
11	Tom Stuttle	Southend-on-Sea AC		50
12	Sam Atkins	Havering AC		52
13	Ben Prior	Thurrock Harriers		54
14	Ollie Randall	Southend-on-Sea AC		58
15	Oliver Woods	Havering AC	15:	04
16	Daniel McGill	Basildon AC		07
17	Sam Wheatley	Southend-on-Sea AC		09
18	Jamie Putt	Harlow AC		10
19	Freddie Richardson	Colchester & Tendring AC		14
20	Henri Willett	Thurrock Harriers		20
21	Joseph Boden	Colchester Harriers AC		25
22	George Joslin	Chelmsford AC		29
	Alex Friend	Havering AC		33
	George Hill	Basildon AC		33
	William Jones	Orion Harriers		35
	Thomas Palmer	Colchester & Tendring AC		45
	Callum Lloyd	Chelmsford AC		46
	Reece Scott	Basildon AC		47
	James Wright	Basildon AC		54
	Mason Hambleton	Thurrock Harriers		58
	Jack Halil	Ilford AC	16:	22
	Saul Ashon	Orion Harriers		40

Teams	
1	Orion Harriers 28
1	Southend-on-Sea AC 46
3	Thurrock Harriers 68
4	Basildon AC 97
5	Colchester & Tendring AC 48 (3)
6	Havering AC 50 (3)
7	Chelmsford AC 56 (3)
8	Harlow AC 20 (2)
9	Colchester Harriers AC 27 (2)
10	Ilford AC 31 (1)

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Essex Cross Country League (5)

Colchester

U17/20 Women

07-02-16

Pos	Age	Name	Team	Time
1	U17	Sinead Clark	Benfleet Running Club	21: 15
2	U17	Niamh Smith	Basildon AC	51
3	U20	Isabella Woods	Havering AC	22: 16
4	U17	Lydia Callan	Chelmsford AC	20
5	U17	Jemima Walker	Basildon AC	23: 07
6	U20	Beth Francis	Colchester Harriers AC	35
7	U17	Georgia Phillips	Havering AC	24: 00
8	U17	E Williamson	Southend-on-Sea AC	01
9	U17	Anna McMinn	Chelmsford AC	50
10	U17	Iona Doyle	Southend-on-Sea AC	25: 09
11	U17	Emily James	Havering AC	26: 23
12	U17	Leah McGill	Basildon AC	27: 15

Teams

1	Basildon AC	19	(3)
2	Havering AC	21	(3)
3	Chelmsford AC	13	(2)
4	Southend-on-Sea AC	18	(2)
5	Benfleet Running Club	1	(1)
6	Colchester Harriers AC	6	(1)

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<u>Colchester</u>		<u>U17 Men</u>	<u>07-02-16</u>	
Pos	Name	Team	Time	
1	Ben Davis	Havering AC	19:	07
2	Owen Thomas	Chelmsford AC		33
3	Ben Miller	Colchester & Tendring AC	20:	01
4	Jordan Denyer	Chelmsford AC		04
5	Max Jones	Basildon AC		31
6	Oliver Bath	Havering AC		55
7	Matt Norris	Southend-on-Sea AC	21:	00
8	Joshua Mulley	Braintree & District AC		02
9	James Stewart	Havering AC		16
10	Ben Goodwin	East Essex Triathlon Club		32
11	Nathan Brearley	Chelmsford AC		46
12	Conor Culham	Braintree & District AC	22:	01
13	Kieran O'Hara	Havering AC		05
14	William Gray	Chelmsford AC		32
15	Dexter Goward	Benfleet Running Club		34
16	Alex Smith	Chelmsford AC		37
17	Adam Harley	East Essex Triathlon Club	23:	16

Teams	Time	
1 Havering AC	29	
2 Chelmsford AC	31	
3 Braintree & District AC	20	(2)
4 East Essex Triathlon Club	27	(2)
5 Colchester & Tendring AC	3	(1)
6 Basildon AC	5	(1)
7 Southend-on-Sea AC	7	(1)
8 Benfleet Running Club	15	(1)



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<u>Colchester</u>		<u>Senior Women</u>	<u>07-02-16</u>	
Pos	Age	Name	Team	Time
1	U17	Jodie Judd	Chelmsford AC	20: 46
2	W35	Sarah Stradling	Colchester Harriers AC	: 56
3	W35	Claire Cornwell	Southend-on-Sea AC	21: 47
4	SW	Laura Brooks	Basildon AC	22: 05
5	SW	Gemma Barry	Chelmsford AC	: 11
6	SW	Rebecca Luxton	Chelmsford AC	: 22
7	SW	Charlotte Bishop	Basildon AC	: 54
8	W35	Tracy English	Southend-on-Sea AC	: 57
9	W35	Wendy King	Chelmsford AC	23: 04
10	SW	Rebecca Cooke	Colchester Harriers AC	: 12
11	SW	Jenni Sheehan	Ilford AC	: 24
12	SW	Charmaine Sterling	Benfleet Running Club	: 30
13	W45	Stefanie Godfrey	Cambridge & Coleridge AC	: 32
14	SW	Sarah Pennington	Southend-on-Sea AC	: 38
15	SW	Ella Neale	Colchester Harriers AC	: 43
16	W35	Anne Jenkinson	Southend-on-Sea AC	: 44
17	SW	Dominique Ballard	Benfleet Running Club	: 47
18	W45	Denise Morley	Colchester Harriers AC	: 51
19	W45	Debbie Cattermole	Colchester Harriers AC	: 56
20	W35	Natasha Lagden	Southend-on-Sea AC	: 58
21	W35	Toni Noble	Thurrock Harriers	24: 02
22	W35	Annette Oakman	Colchester Harriers AC	: 23
23	W45	Joanna Smith	Chelmsford AC	: 39
24	W45	Sarah Colbert	Springfield Striders RC	25: 03
25	W35	Rachel Taylor	Colchester Harriers AC	: 09
26	W45	Jodie Farrell	Thurrock Harriers	: 14
27	W55	Breege Nordin	Ilford AC	: 22
28	W45	Mel Jones	Ilford AC	: 41
29	W45	Sean Gifford	Colchester & Tendring AC	: 45
30	SW	Angie Legg	Orion Harriers	26: 06
31	SW	Holly Gillard	Southend-on-Sea AC	: 15
32	SW	Danielle Hughes	Phoenix Striders	: 25
33	W35	Tamsin Davies	Phoenix Striders	: 26
34	W35	Nicky Hatfield	Thrift Green Trotters	: 28
35	W35	Kathleen Short	Thrift Green Trotters	: 30
36	SW	Katie Wilkinson	Benfleet Running Club	: 58
37	W45	Sandra Fox	Colchester Harriers AC	: 59
38	W45	Sharon Skidmore	Mid Essex Casuals	27: 09
39	W35	Collette Frampton	Southend-on-Sea AC	: 44
40	W45	Laura Pettifer	Mid Essex Casuals	28: 02
41	W35	Nina Barrett	Thrift Green Trotters	: 20
42	W55	Toni Wilson	Colchester Harriers AC	: 30
43	W45	Annette Johnson	Benfleet Running Club	: 41
44	W35	Julie Wilson	Thrift Green Trotters	: 55
45	W45	Alison Gillan	Springfield Striders RC	: 59

Division 1 Teams (4 to score)	
1	Chelmsford AC 21
2	Southend-on-Sea AC 41
3	Colchester Harriers AC 45
4	Benfleet Running Club 108
5	Ilford AC 131
6	Springfield Striders RC 166
7	Phoenix Striders 169
8	Pitsea Running Club 231
9	Cambridge & Coleridge AC 13 (1)
10	Orion Harriers 30 (1)
11	Havering AC 46 (1)

Division 2 Teams (4 to score)	
1	Thrift Green Trotters 154
2	Basildon AC 11 (2)
3	Thurrock Harriers 47 (2)
4	Mid Essex Casuals 78 (2)
5	Braintree & District AC 114 (2)
6	Colchester & Tendring AC 29 (1)

Veterans Teams (3 to score)	
1	Southend-on-Sea AC 27
2	Colchester Harriers AC 39
3	Thrift Green Trotters 110
4	Springfield Striders RC 116
5	Ilford AC 120
6	Phoenix Striders 137
7	Benfleet Running Club 150
8	Pitsea Running Club 167
9	Chelmsford AC 32 (2)
10	Thurrock Harriers 47 (2)
11	Mid Essex Casuals 78 (2)
12	Braintree & District AC 114 (2)
13	Cambridge & Coleridge AC 13 (1)
14	Colchester & Tendring AC 29 (1)
15	Havering AC 46 (1)

Pos	Age	Name	Team	Time
46	W45	Tracy O'Neill	Havering AC	29: 07
47	W35	Kirsty Williams	Springfield Striders RC	: 14
48	W45	Elizabeth Cahill	Braintree & District AC	: 33
49	W45	Mandy Cooper	Benfleet Running Club	: 35
50	W35	Karen Chapman	Springfield Striders RC	: 52
51	W45	Ruth Roberts	Phoenix Striders	30: 00
52	W45	Terri Howe	Pitsea Running Club	: 00
53	W45	Debra Pumfrett	Phoenix Striders	: 00
54	W45	Elaine Tribbley	Springfield Striders RC	: 08
55	W55	Cathy Beard	Colchester Harriers AC	: 32
56	W55	Valerie Sinclair	Pitsea Running Club	: 38
57	W35	Lorna Mess	Thrift Green Trotters	: 45
58	W45	Laura Williams	Benfleet Running Club	: 53
59	W55	Teresa Flannigan	Pitsea Running Club	31: 06
60	SW	Vicki Calleja	Thrift Green Trotters	: 26
61	SW	Roma Sands	Phoenix Striders	: 42
62	W45	Nicola Maslen	Phoenix Striders	32: 00
63	W35	Jo Key	Benfleet Running Club	: 50
64	W35	Angela Smith	Pitsea Running Club	33: 45
65	W45	Julie Gillender	Ilford AC	37: 20
66	W35	Lynne Culham	Braintree & District AC	39: 49

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<u>Colchester</u>			<u>Senior Men</u>	<u>07-02-16</u>	
Pos	Age	Name	Team	Time	Division 1 Teams (6 to score)
1	V40	Adrian Mussett	Colchester Harriers AC	27: 16	1 Colchester Harriers AC 45
2	SM	Carwyn Jones	Colchester Harriers AC	28: 12	2 Havering AC 131
3	SM	Blair McWhirter	Ilford AC	: 28	3 Orion Harriers 146
4	SM	Mark Sanford	Chelmsford AC	: 31	4 Ilford AC 171
5	SM	Chris Sellens	Colchester Harriers AC	: 36	5 Chelmsford AC 193
6	SM	Will Wright	Chelmsford AC	: 50	6 Southend-on-Sea AC 365
7	SM	Daz Farrugia	Colchester Harriers AC	29: 04	7 Benfleet Running Club 403
8	SM	Rob Warner	Havering AC	: 07	8 Springfield Striders RC 456
9	V40	Malcolm Muir	Ilford AC	: 15	9 Billericay Striders RC 533
10	U20	Ramadan Osman	Colchester & Tendring AC	: 18	10 Thurrock Harriers 259 (4)
11	U20	Darren Blackwell	Chelmsford AC	: 31	11 Basildon AC 124 (3)
12	V40	Richard Heath	Colchester Harriers AC	: 33	12 Cambridge & Coleridge AC 16 (1)
13	V40	Steve Rand	Havering AC	: 46	
14	SM	Lee Pickering	Chelmsford AC	: 55	Division 2 Teams (6 score)
15	V40	Barnaby Foot	Orion Harriers	30: 05	1 Phoenix Striders 530
16	SM	Richard Park	Cambridge & Coleridge AC	: 16	2 Mid Essex Casuals 566
17	V40	Colin Read	Orion Harriers	: 23	3 Thrift Green Trotters 341 (4)
18	V50	Colin Ridley	Colchester Harriers AC	: 33	4 Pitsea Running Club 337 (3)
19	SM	Danny Moses	Orion Harriers	: 36	5 Colchester & Tendring AC 10 (1)
20	SM	Charlie Parker	Southend-on-Sea AC	: 37	6 Loughton AC 43 (1)
21	v40	Jason Lendon	Havering AC	: 40	7 East Essex Triathlon Club 49 (1)
22	SM	Rhys Gillard	Southend-on-Sea AC	: 42	
23	SM	Ian Anthony	Havering AC	: 48	Veteran Team Result (4 to score)
24	V40	Allen Smalls	Colchester Harriers AC	: 51	1 Colchester Harriers AC 55
25	U20	James Hiscock	Benfleet Running Club	: 54	2 Havering AC 100
26	U20	Christian Gray	Basildon AC	: 57	3 Orion Harriers 124
27	V40	Matt Bland	Havering AC	: 59	4 Ilford AC 127
28	U20	Dan Ashley	Basildon AC	: 59	5 Springfield Striders RC 267
29	V40	Mark Harrod	Colchester Harriers AC	31: 03	6 Benfleet Running Club 310
30	SM	Brian Jenkins	Orion Harriers	: 06	7 Billericay Striders RC 314
31	SM	Neil McGoun	Orion Harriers	: 12	8 Southend-on-Sea AC 323
32	V40	Lee Taylor	Southend-on-Sea AC	: 16	9 Phoenix Striders 333
33	V40	Paul Rodgers	Colchester Harriers AC	: 27	10 Mid Essex Casuals 340
34	SM	Lee Bailey	Orion Harriers	: 29	11 Thrift Green Trotters 341
35	V50	Stephen Philcox	Ilford AC	: 31	12 Pitsea Running Club 337 (3)
36	V40	Paul Holloway	Ilford AC	: 45	13 Thurrock Harriers 144 (2)
37	V40	Adam Baker	Orion Harriers	: 49	14 Chelmsford AC 158 (2)
38	V40	Jon Nears	Colchester Harriers AC	: 52	15 Loughton AC 43 (1)
39	V40	Martin Chester	Havering AC	32: 04	16 East Essex Triathlon Club 49 (1)
40	V50	Michael Bridgeland	Chelmsford AC	: 08	17 Basildon AC 70 (1)
41	SM	Sam Rahman	Ilford AC	: 14	
42	SM	Jason Crispin	Havering AC	: 17	
43	V40	Jon Whitehouse	Loughton AC	: 36	
44	V40	Andy Wright	Billericay Striders RC	: 41	
45	V40	Scott Dryden	Springfield Striders RC	: 46	
46	V50	Peter West	Colchester Harriers AC	: 47	
47	V40	Kevin Wotton	Ilford AC	33: 11	
48	V50	Neil Crisp	Ilford AC	: 01	
49	V40	Andy Doig	East Essex Triathlon Club	: 21	
50	V40	Leo Cole	Guest	: 24	
51	SM	Keith Martin	Thurrock Harriers	: 35	
52	V50	Steve Moore	Springfield Striders RC	: 37	
53	V50	Don Lawless	Thurrock Harriers	: 39	
54	V50	Paul Berrett	Havering AC	: 43	
55	V40	Adrian Smith	Orion Harriers	: 51	

Pos	Age	Name	Team	Time
56	V50	Terry Knightly	Ilford AC	34: 03
57	V40	Dan Foster	Colchester Harriers AC	: 12
58	V40	Russell Goodridge	Colchester Harriers AC	: 18
59	SM	Danny Marks	Colchester Harriers AC	: 24
60	V50	John Barker	Thrift Green Trotters	: 30
61	V50	Richard Jones	Benfleet Running Club	: 40
62	SM	Andrew Warner	Orion Harriers	: 44
63	V40	Ryan Alexander	Ilford AC	: 51
64	SM	Tim Martin	Thurrock Harriers	: 53
65	V40	James Campion	Southend-on-Sea AC	: 57
66	v40	Graham Hogan	Havering AC	35: 11
67	V40	Carl Easton	Phoenix Striders	: 17
68	SM	Chris Jones	Benfleet R C	: 25
69	SM	Tim Freeland	Orion Harriers	: 26
70	V40	David Findlay	Basildon AC	: 28
71	V40	Steve Walker	Havering AC	: 40
72	V60	Tony Nixon	Ilford AC	: 41
73	V40	Stuart Colley	Orion Harriers	: 47
74	SM	Gary Robins	Springfield Striders RC	: 51
75	V40	Ian Pike	Benfleet Running Club	36: 00
76	v40	John Hood	Mid Essex Casuals	: 02
77	V60	Andy Catton	Ilford AC	: 03
78	V40	Greg Wisken	Mid Essex Casuals	: 06
79	V40	Brian Venton	Benfleet Running Club	: 11
80	V50	Trevor Horncastle	Phoenix Striders	: 36
81	V50	Steve Foggo	Billericay Striders RC	: 43
82	v50	Dave Hurley	Mid Essex Casuals	37: 08
83	V40	Nicholas Knight	Thrift Green Trotters	: 24
84	v40	Mark Jeffrey	Springfield Striders RC	: 31
85	V40	Simon Morgan	Colchester Harriers AC	: 33
86	V40	Rob Hogan	Springfield Striders RC	: 42
87	V40	Lawrence Harrison	Billericay Striders RC	: 46
88	SM	Dan Green	Orion Harriers	38: 07
89	SM	Tony Collins	Havering AC	: 39
90	SM	Chris Footer	Phoenix Striders	: 53
91	V40	Nigel Instance	Thurrock Harriers	: 56
92	V40	Martin Orford	Phoenix Striders	39: 04
93	SM	Richard Rowe	Havering AC	: 14
94	V40	Lee Hazlewood	Phoenix Striders	: 16
95	V40	Barry Key	Benfleet R C	: 19
96	V40	Gary Floate	Ilford AC	: 32
97	V50	Ted Skinner	Ilford AC	40: 03
98	V50	James MacNish-Porter	Thrift Green Trotters	: 11
99	V50	Paul Williams	Orion Harriers	: 16
100	V40	Jon Wadie	Thrift Green Trotters	: 24
101	SM	Shane Lawrence	Guest	: 55
102	V45	Gerry Doherty	Billericay Striders RC	41: 3
103	V40	Roy Perrott	Orion Harriers	: 7
104	v50	Paul Tawn	Mid Essex Casuals	: 22
105	V50	Don Sinclair	Pitsea Running Club	: 23
106	V60	Bob Jousiffe	Orion Harriers	: 42
107	V50	Duncan Russell	Phoenix Striders	42: 10
108	V60	Keith Walker	Billericay Striders RC	43: 11
109	V40	Matt Gillard	Southend-on-Sea AC	: 44
110	V60	Brian Butcher	Mid Essex Casuals	: 49

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Pos	Age	Name	Team	Time
111	V60	Ray Vann	Billericay Striders RC	44: 04
112	V50	Peter McLaughlin	Pitsea Running Club	: 06
113	V50	Kim Vinicombe	Phoenix Striders	: 33
114	SM	David Lehman	Billericay Striders RC	45: 24
115	V40	Ian Brazier	Springfield Striders RC	46: 12
116	V60	David Game	Mid Essex Casuals	47: 05
117	V50	Angus Aldridge	Southend-on-Sea AC	48: 40
118	V50	Stephen Williams	Chelmsford AC	49: 25
119	V50	Jim Rourke	Billericay Striders RC	50: 15
120	V50	David Davidson	Pitsea Running Club	51: 41

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