

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U13 G	Abigail Ives	Basildon AC	4	1	U13 B	Alex Ford	Havering AC	4
2	U13 G	Sydney Foley	Havering AC	8	2	U13 B	Miles Benyan	Cambridge & Coleridge AC	20
3	U13 G	Erin Little	Chelmsford AC	10	3	U13 B	Luke Pullen	Southend-on-Sea AC	25
4	U13 G	Milly Presland	Colchester Harriers AC	19	4	U13 B	Matthew Blacklock	Havering AC	26
5	U13 G	Demi Eaves	Thurrock Harriers	25	5	U13 B	Luke Randall	Southend-on-Sea AC	32
6	U13 G	Chloe Rand	Havering AC	29	6	U13 B	Dylan Harrod	Thurrock Harriers	37
7	U13 G	Daizy Harris	Basildon AC	35	7	U13 B	Archie Conners	Benfleet Running Club	41
8	U13 G	Ellen Savidge	Harlow AC	52	8	U13 B	Matthew Hick	Ilford AC	45
9	U13 G	Grace Holmes	Southend-on-Sea AC	54	9	U13 B	Micky Jones	Southend-on-Sea AC	61
10	U13 G	Hannah Peacock	Thurrock Harriers	63	9	U13 B	Fred Tall	Southend-on-Sea AC	61
11	U13 G	Samiya Aitmarri	Basildon AC	64	11	U13 B	Kyle Gill	East Essex Triathlon Club	66
12	U13 G	Hannah Yexley	Havering AC	75	12	U13 B	Lenny Houston	Havering AC	75
13	U13 G	Alice Atkins	Havering AC	77	13	U13 B	Kai Lovelock	Thurrock Harriers	83
14	U13 G	Maddie Barker	Havering AC	83	14	U13 B	Freddy Taiani	Basildon AC	87
15	U13 G	Rebecca O'Rourke	Havering AC	96	15	U13 B	Sunny Vehit	Thurrock Harriers	90
16	U13 G	Jessie Collier	Havering AC	106	16	U13 B	Timi McDaniel	Havering AC	96
17	U13 G	MacKenzie Cranfield	Harlow AC	107	17	U13 B	Ellis Wright	Basildon AC	147
18	U13 G	Molly Redgrave	Colchester & Tendring AC	109					
19	U13 G	Morgan Romain	Havering AC	126					
20	U13 G	Kennedy Beardwell	Thurrock Harriers	139					
21	U13 G	Katie Brennan	Harlow AC	148					
22	U13 G	Madeline Booty	Thurrock Harriers	152					
23	U13 G	Anna Leinemann	Discovery Triathlon Club	155					
24	U13 G	Jemima Maidment	Orion Harriers	175					
25	U13 G	Eve Smith	Orion Harriers	180					

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U15 G	Molly Sweetman	Havering AC	5	1	U15 B	Leon Wheeler	Thurrock Harriers	4
2	U15 G	Hayley Instance	Thurrock Harriers	7	2	U15 B	Danny Millward	Colchester Harriers AC	11
3	U15 G	Grace Burrell	Basildon AC	10	3	U15 B	Mungo Prior	Ilford AC	17
4	U15 G	Faye Sweeting	Chelmsford AC	18	4	U15 B	Max Caulfield	Colchester Harriers AC	19
5	U15 G	Savanna Sirkett	Harlow AC	20	5	U15 B	Jay Shotter	Orion Harriers	34
6	U15 G	Martha Smith	Chelmsford AC	26	6	U15 B	Ben Prior	Thurrock Harriers	42
7	U15 G	Hollie Rex	Basildon AC	38	7	U15 B	Matthew Warner	Southend-on-Sea AC	50
7	U15 G	Georgia Tombs	Chelmsford AC	38	8	U15 B	Alex Friend	Havering AC	58
9	U15 G	Lily Bath	Havering AC	39	8	U15 B	Zach Bridgeland	Chelmsford AC	58
9	U15 G	Sophie Wetheridge	Basildon AC	39	10	U15 B	Jamie Putt	Harlow AC	64
11	U15 G	Keirra Scott	Basildon AC	45	11	U15 B	George Hill	Basildon AC	78
12	U15 G	Annalie Cole	Orion Harriers	49	12	U15 B	Henri Willett	Thurrock Harriers	95
13	U15 G	Abigail Kerr	Braintree & District AC	64	13	U15 B	Jack Saunders	Basildon AC	98
14	U15 G	Becci Leddy	Orion Harriers	73	14	U15 B	Saul Ashon	Orion Harriers	104
15	U15 G	Tia Cocca	Chelmsford AC	86	14	U15 B	Ben Podd	Chelmsford AC	104
16	U15 G	Sasha Clark	Cambridge & Coleridge AC	93	16	U15 B	Billy Saunders	Basildon AC	105
17	U15 G	Emily Fall	Thurrock Harriers	95	17	U15 B	Dominic Jarvis	Havering AC	109
18	U15 G	Lena Leinemann	Discovery Triathlon Club	102	18	U15 B	Scott Thomas	Chelmsford AC	113
19	U15 G	Isabella Minder	Colchester Harriers AC	110	19	U15 B	Ben Naish	Havering AC	121
20	U15 G	Charlotte Grant	Orion Harriers	119	20	U15 B	Bradley Deacon	Ilford AC	139
20	U15 G	Hannah Rodgers	Colchester Harriers AC	119	21	U15 B	Louis Berrett	Havering AC	140
22	U15 G	Jessica James	Havering AC	140	22	U15 B	Mark Beale	Chelmsford AC	147
					23	U15 B	Ethan Hunter	Chelmsford AC	149

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U17W	Khahisa Mhlanga	Chelmsford AC	4	1	U17M	Joseph Owen	Orion Harriers	5
2	U17W	Jessica Mitchell	Havering AC	8	2	U17M	Lewis Harknett	Harlow AC	11
3	U17W	Kate O'Neill	Havering AC	10	3	U17M	Sam Norris	Southend-on-Sea AC	17
4	U17W	Lottie Rowedder	Harlow AC	22	4	U17M	Ben Miller	Colchester & Tendring AC	21
5	U17W	Rachel Broome	Chelmsford AC	26	5	U17M	Isaac Brown	Basildon AC	24
6	U17W	Sinead Clark	Benfleet Running Club	27	6	U17M	Freddy Richardson	Colchester & Tendring AC	39
7	U17W	Sophie Rand	Havering AC	37	7	U17M	Joe Logan	Thurrock Harriers	42
8	U17W	Abby Rex	Basildon AC	45	8	U17M	Lewis Debenham	Havering AC	47
9	U17W	Catherine Barker	Havering AC	57	9	U17M	Oliver Randall	Southend-on-Sea AC	58
10	U17W	Lucie Ball	Thurrock Harriers	74	10	U17M	Luke Gill	East Essex Triathlon Club	60
11	U17W	Genevieve Pate	Benfleet Running Club	77	11	U17M	Tom Stuttle	Southend-on-Sea AC	68
12	U17W	Mia Slessor	Southend-on-Sea AC	80	12	U17M	Matt Norris	Southend-on-Sea AC	69
13	U17W	Emily James	Havering AC	99	13	U17M	Callum Liasi	Benfleet Running Club	72
					17	U17M	Oliver Bath	Havering AC	87
1	U20W	Lydia Callan	Chelmsford AC	38					

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	SW	Kerry Holland	Southend-on-Sea AC	14	1	U20	Ben Davis	Havering AC	40
2	SW	Laura Brooks	Basildon AC	19	2	U20	Max Jones	Basildon AC	54
3	SW	Clare Thurgood	Orion Harriers	22	3	U20	Brandon Thorpe	Basildon AC	56
4	SW	Rebecca Luxton	Chelmsford AC	32	4	U20	Samuel Smith	Thurrock Harriers	127
5	SW	Sarah Pennington	Southend-on-Sea AC	64	5	U20	James Stewart	Havering AC	153
6	SW	Ella Neale	Colchester Harriers AC	81	6	U20	Christian Gray	Basildon AC	203
6	SW	Natalie Kipps	Orion Harriers	81	7	U20	Conor Culham	Braintree & District AC	279
8	SW	Holly Gillard	Southend-on-Sea AC	134	8	U20	Kieran O'Hara	Havering AC	289
9	SW	Hazel Buist	Halstead RR	138	9	U20	Aidan Elmore	Havering AC	496
10	SW	Sarah Frost	Halstead RR	293					
11	SW	Grace Reeman	Phoenix Striders	317	1	SM	Rob Warner	Havering AC	9
					2	SM	Ryan Prout	Chelmsford AC	15
1	W35	Liz Davies	Springfield Striders RC	5	3	SM	Alec Finch	Thurrock Harriers	24
2	W35	Sally Judd	Chelmsford AC	21	4	SM	Charlie Parker	Southend-on-Sea AC	73
3	W35	Louise Douglass	Basildon AC	78	5	SM	Rhys Gillard	Southend-on-Sea AC	76
4	W35	Hayley Rogerson	Orion Harriers	79	6	SM	Kurtis Swan	Billericay Striders RC	83
5	W35	Natasha Lagden	Southend-on-Sea AC	114	7	SM	Alex Manton	Springfield Striders RC	87
6	W35	Jo Sullivan	Havering AC	142	8	SM	Cameron Humphries	Colchester Harriers AC	140
7	W35	Ruth Havis	Billericay Striders RC	193	9	SM	James Wright	Springfield Striders RC	145
8	W35	Debbielyn Hallam	Southend-on-Sea AC	215	10	SM	Chris Wayman	Benfleet Running Club	204
9	W35	Joanne Ling	Billericay Striders RC	222	11	SM	Jack Morris	Pitsea Running Club	255
10	W35	Sarah Norton	Benfleet Running Club	233	12	SM	Neil McGoun	Orion Harriers	280
11	W35	Maria McQueenie	Phoenix Striders	341	13	SM	Ewan McFarlane	Phoenix Striders	309
					14	SM	Jim Clark	Halstead RR	329
1	W45	Wendy King	Chelmsford AC	51	15	SM	Richard Rowe	Havering AC	410
2	W45	Denise Morley	Colchester Harriers AC	62	16	SM	Andy Owen	Halstead RR	498
3	W45	Alison Trauttmansdorff	Orion Harriers	90	17	SM	Tony Collins	Havering AC	552
4	W45	Joanne Smith	Chelmsford AC	109					
5	W45	Jacqui Watson	Benfleet Running Club	124	1	V40	Sullivan Smith	Cambridge & Coleridge AC	7
6	W45	Lorna Pettifer	Mid Essex Casuals	176	2	V40	Steve Rand	Havering AC	75
7	W45	Lorna Gaffney	Loughton AC	182	3	V40	Lee Taylor	Southend-on-Sea AC	80
8	W45	Nicola Hopkinson	Ilford AC	185	4	V40	Paul Holloway	Ilford AC	135
9	W45	Jo Pearce	Phoenix Striders	198	5	V40	Robin Tubbs	Chelmsford AC	140
10	W45	Mandy Wetheridge	Basildon AC	208	6	V40	Andy Low	Benfleet Running Club	144
11	W45	Dianne Crisp	Ilford AC	214	7	V40	Scott Rice	Thurrock Harriers	156
12	W45	Wendy Carter	Halstead RR	218	8	V40	Colin Read	Orion Harriers	170
13	W45	Ruth Roberts	Phoenix Striders	226	9	V40	Stuart Raven	Springfield Striders RC	173
14	W45	Mandy Cooper	Benfleet Running Club	238	10	V40	Anthony Goodall	Springfield Striders RC	185
15	W45	Allison Gillan	Springfield Striders RC	256	11	V40	Scott Dryden	Springfield Striders RC	189
16	W45	Sue Crompton	Southend-on-Sea AC	266	12	V40	Graham Booty	Benfleet Running Club	207
17	W45	Tracy O'Neill	Havering AC	274	13	V40	Terry Spooner	Benfleet Running Club	226
18	W45	Annette Johnson	Benfleet Running Club	296	14	V40	Adrian Smith	Orion Harriers	271
					15	V40	Richard Candler	Halstead RR	311
1	W55	Christine Deacon	Billericay Striders RC	173	16	V40	Tim Wright	Orion Harriers	318
2	W55	Beryl De Smedt	Phoenix Striders	284	17	V40	Gary Atkins	Havering AC	340
3	W55	Valerie Sinclair	Pitsea Running Club	300	18	V40	Steve Walker	Havering AC	347
4	W55	Gillian Harrison	Pitsea Running Club	321	19	V40	Jon Byford	Springfield Striders RC	389
5	W55	Jackie Woodruffe	Thrift Green Trotters	337	20	V40	Myles Coulson	Braintree & District AC	403
					21	V40	Ian Pike	Benfleet Running Club	432
1	W65	Teresa Flannigan	East Essex Triathlon Club	353	22	V40	Graham Hogan	Havering AC	442
					23	V40	Mike Grout	Benfleet Running Club	457
					24	V40	Brian Venton	Benfleet Running Club	462
					25	V40	Simon Morgan	Colchester Harriers AC	496
					26	V40	Greg Wisken	Mid Essex Casuals	515
					27	V40	Dennis Briggs	Ilford AC	560
					28	V40	James Price	Phoenix Striders	562
					29	V40	Paul Agastina	Phoenix Striders	566
					30	V40	Matt Gillard	Southend-on-Sea AC	586
					31	V40	John Rex	Basildon AC	609
					32	V40	Trevor Robinson	Loughton AC	662
					1	V50	Colin Ridley	Colchester Harriers AC	149
					2	V50	Michael Bridgeland	Chelmsford AC	223
					3	V50	Alec Kyriakides	Southend-on-Sea AC	230
					4	V50	Paul Spowage	Colchester Harriers AC	231
					5	V50	Paul Broome	Springfield Striders RC	288

6	V50	Peter West	Colchester Harriers AC	317
7	V50	Don Lawless	Thurrock Harriers	318
8	V50	Alan Clark	Benfleet Running Club	325
9	V50	Peter Tullett	Chelmsford AC	365
10	V50	Trevor Horncastle	Phoenix Striders	386
11	V50	Phil Olsen	Thrift Green Trotters	400
12	V50	Keith Thornton	Thrift Green Trotters	422
13	V50	Richard Bullis	Basildon AC	483
14	V50	Julian Catmull	Springfield Striders RC	488
15	V50	Kevin Kirby	Chelmsford AC	502
16	V50	Paul Williams	Orion Harriers	532
17	V50	Gary Bartlett	Orion Harriers	535
18	V50	Martin Orford	Phoenix Striders	550
19	V50	Neil Clark	Phoenix Striders	582
20	V50	Dave Lane	Phoenix Striders	636
21	V50	Eddie Mills	Phoenix Striders	638
22	V50	Paul Williams	Pitsea Running Club	701
1	V60	Bob Langley	Halstead RR	411
2	V60	Charlie Ritchie	Cambridge & Coleridge AC	426
3	V60	Peter Binns	Southend-on-Sea AC	436
4	V60	Ian Gill	East Essex Triathlon Club	511
5	V60	Ted Skinner	Ilford AC	587
6	V60	Brian Butcher	Mid Essex Casuals	620
7	V60	David Hobbs	Loughton AC	705