



Essex Cross Country League (5)

Sponsored by

<u>Basildon</u>			<u>U13 Girls</u>		<u>11-02-17</u>	
Pos	Name	Team	Time			
1	Abigail Ives	Basildon AC	15:	46		
2	Erin Little	Chelmsford AC		50		
3	Natalie Sewell	Havering AC	16:	00		
4	Sydney Foley	Havering AC		33		
5	Milly Presland	Colchester Harriers AC		40		
6	Megan Harris	Southend-on-Sea AC		43		
7	Demi Eaves	Thurrock Harriers		44		
8	Rebecca West	Cambridge & Coleridge AC		54		
9	Chloe Rand	Havering AC	17:	30		
10	Ruby Muffett	Southend-on-Sea AC		39		
11	Ifeoma Okoh	Chelmsford AC		44		
12	Maddison Harris	Southend-on-Sea AC		49		
13	Alice Atkins	Havering AC		54		
14	Daizy Harris	Basildon AC		58		
15	Hannah Warner	Southend-on-Sea AC	18:	01		
16	Ellen Savidge	Harlow AC		09		
17	Holly Watson	Chelmsford AC		21		
18	Samiya Aitmarri	Basildon AC		26		
19	Olivia Reilly	Chelmsford AC		29		
20	Lauryn Wood	Chelmsford AC		41		
21	Francesca Turner	Basildon AC		49		
22	Ella Witche	Basildon AC		51		
23	Holly Bradley	Havering AC		55		
24	Jessie Collier	Havering AC		58		
25	Maddie Barker	Havering AC	19:	00		
26	MacKenzie Cranfield	Harlow AC		13		
27	Hannah Yexley	Havering AC		21		
28	Molly Redgrave	Colchester & Tendring AC		29		
29	Freya Higginbottom	Havering AC		49		
30	Rosie Spring	Thurrock Harriers		50		
31	Morgan Romain	Havering AC	20:	01		
32	Annabelle Matthews	Chelmsford AC		03		
33	Rebecca Natu	Orion Harriers		07		
34	Katie Brazier	Chelmsford AC		09		
35	Leah Brewer	Thurrock Harriers		29		
36	Rebecca O'Rourke	Havering AC		34		
37	Hannah Johnson	Havering AC		35		
38	Jessica Turner	Basildon AC		45		
39	Sophie Nugent	Basildon AC	21:	07		
40	Kennedy Beardwell	Thurrock Harriers		25		

Pos	Name	Team	Time
41	Madeline Booty	Thurrock Harriers	22: 13
42	Holly Newman	Basildon AC	30
43	Eve Smith	Orion Harriers	23: 15

Teams		
1	Havering AC	29
2	Southend-on-Sea AC	43
3	Chelmsford AC	49
4	Basildon AC	54
5	Thurrock Harriers	112
6	Harlow AC	42 (2)
7	Orion Harriers	76 (2)
8	Colchester Harriers AC	5 (1)
9	Cambridge & Coleridge AC	8 (1)
10	Colchester & Tendring AC	28 (1)

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<u>Basildon</u>		<u>U13 Boys</u>	<u>11-02-17</u>	
Pos	Name	Team	Time	
1	Alex Ford	Havering AC	14:	56
2	Miles Benyan	Cambridge & Coleridge AC	15:	04
3	Matthew Blacklock	Havering AC		32
4	Toby Linsell	Southend-on-Sea AC		43
5	Kristian Kalmanis	Southend-on-Sea AC		57
6	Dylan Harrod	Thurrock Harriers	16:	02
7	Luke Pullen	Southend-on-Sea AC		03
8	Archie Conners	Benfleet Running Club		07
9	Luke Randall	Southend-on-Sea AC		10
10	Matthew Hick	Ilford AC		12
11	Fred Tall	Southend-on-Sea AC		17
12	Sam Bradley	Havering AC		33
13	Tom Woodward	Braintree & District AC		44
14	Tom Gallagher	Orion Harriers		49
15	Callum Hynes	Southend-on-Sea AC		54
16	Cassidy Duke	Thurrock Harriers	17:	10
17	Samuel Waite	Chelmsford AC		13
18	Sunny Vehit	Thurrock Harriers		18
19	Kyle Gill	East Essex Triathlon Club		21
20	Micky Jones	Southend-on-Sea AC		22
21	Kai Lovelock	Thurrock Harriers		25
22	Louis Harhalakis	Cambridge & Coleridge AC		29
23	Alex Kerr	Havering AC		44
24	Freddy Taiani	Basildon AC		50
25	James Bartlett	Havering AC		51
26	Timi McDaniel	Havering AC	18:	17
27	Charlie Parmenter	Colchester Harriers AC		35
28	Nathan Hodgson	Southend-on-Sea AC		42
29	Alex Hawney	Basildon AC		48
30	Jack Thomson	Havering AC		58
31	Noah Trencher	Thurrock Harriers	19:	44
32	Tom Gibney	East Essex Triathlon Club	20:	48
33	Leo Gershen	Basildon AC	21:	08
34	Curtis Hills	Basildon AC		21
35	Alex Aldridge	Southend-on-Sea AC		31
36	Joe Robins	Southend-on-Sea AC	25:	42

Teams	
1	Southend-on-Sea AC 25
2	Havering AC 39
3	Thurrock Harriers 61
4	Basildon AC 120
5	Cambridge & Coleridge AC 24 (2)
6	East Essex Triathlon Club 51 (2)
7	Benfleet Running Club 8 (1)
8	Ilford AC 10 (1)
9	Braintree & District AC 13 (1)
10	Orion Harriers 14 (1)
11	Chelmsford AC 17 (1)
12	Colchester Harriers AC 27 (1)

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<u>Basildon</u>		<u>U15 Girls</u>	<u>11-02-17</u>
Pos	Name	Team	Time
1	Hayley Instance	Thurrock Harriers	17: 05
2	Molly Sweetman	Havering AC	33
3	Faye Sweeting	Chelmsford AC	18: 15
4	Sophie Wetheridge	Basildon AC	29
5	Savanna Sirkett	Harlow AC	30
6	Matilda Taylor	Cambridge & Coleridge AC	37
7	Martha Smith	Chelmsford AC	39
8	Georgia Tombs	Chelmsford AC	51
9	Keirra Scott	Basildon AC	19: 03
10	Sarah Blockley	Thurrock Harriers	07
11	Hollie Rex	Basildon AC	25
12	Lily Bath	Havering AC	41
13	Zoe Rutter	Harlow AC	20: 07
14	Annalie Cole	Orion Harriers	24
15	Tia Cocca	Chelmsford AC	32
16	Grace Dukelow	Havering AC	46
17	Charlotte Matthews	Chelmsford AC	21: 37
18	Mia Boulter	Chelmsford AC	53
19	Emily Fall	Thurrock Harriers	22: 03
20	Ndidikama Okoh	Chelmsford AC	06
21	Sasha Clark	Cambridge & Coleridge AC	09
22	Amy Raven	Thurrock Harriers	14
23	Robyn Bartholomew	Southend-on-Sea AC	47
24	Charlotte Grant	Orion Harriers	51
25	Isabella Minder	Colchester Harriers AC	23: 32
26	Lucy Priestley	Havering AC	24: 09
27	Jessica James	Havering AC	37
28	Angela Johnson	Havering AC	26: 51

Teams		
1	Chelmsford AC	33
2	Thurrock Harriers	52
3	Havering AC	56
4	Basildon AC	24 (3)
5	Harlow AC	18 (2)
6	Cambridge & Coleridge AC	27 (2)
7	Orion Harriers	38 (2)
8	Southend-on-Sea AC	23 (1)
9	Colchester Harriers AC	25 (1)

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Sponsored by

<u>Basildon</u>		<u>U15 Boys</u>	<u>11-02-17</u>	
Pos	Name	Team	Time	
1	Leon Wheeler	Thurrock Harriers	15:	28
2	Harry Jones	Havering AC		40
3	Aaron Samuel	Ilford AC	16:	01
4	Mungo Prior	Ilford AC		14
5	Danny Millward	Colchester Harriers AC		21
6	Zach Bridgeland	Chelmsford AC		23
7	Luke Meridew	Basildon AC		24
8	Alex Friend	Havering AC		27
9	Jamie Putt	Harlow AC		48
10	Matthew Warner	Southend-on-Sea AC	17:	00
11	Jack Halil	Ilford AC		30
12	George Hill	Basildon AC		46
13	Dominic Jarvis	Havering AC		46
14	Henri Willett	Thurrock Harriers		57
15	Ben Podd	Chelmsford AC	18:	01
16	Saul Ashon	Orion Harriers		04
17	Ben Prior	Thurrock Harriers		12
18	Jack Saunders	Basildon AC		36
19	Billy Saunders	Basildon AC		37
20	Ben Naish	Havering AC		38
21	Bradley Deacon	Ilford AC	19:	08
22	Henry Lay	Havering AC		54
23	Scott Thomas	Chelmsford AC	20:	06
24	Unknown	Unknown		22
25	Ethan Hunter	Chelmsford AC		47
26	Reece Debenham	Havering AC	21:	04
27	Jamie Mack	Thurrock Harriers		13

Teams	
1	Ilford AC 39
2	Havering AC 43
3	Basildon AC 56
4	Thurrock Harriers 59
5	Chelmsford AC 69
6	Colchester Harriers AC 5 (1)
7	Harlow AC 9 (1)
8	Southend-on-Sea AC 10 (1)
9	Orion Harriers 16 (1)



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<u>Basildon</u>			<u>U17/20 Women</u>	<u>11-02-17</u>
Pos	Age	Name	Team	Time
1	U17	Khahisa Mhlanga	Chelmsford AC	18: 20
2	U17	Jessica Mitchell	Havering AC	59
3	U17	Kate O'Neill	Havering AC	19: 14
4	U17	Lottie Rowedder	Harlow AC	20: 16
5	U20	Lydia Callan	Chelmsford AC	21: 10
6	U17	Grace Goodall	Benfleet Running Club	10
7	U17	Sophie Rand	Havering AC	15
8	U17	Jordan Hinds	Ilford AC	31
9	U17	Abby Rex	Basildon AC	58
10	U17	Emma Stephens	Cambridge & Coleridge AC	22: 13
11	U17	Jenna Williams	Southend-on-Sea AC	17
12	U17	Ella Knight	Discovery Triathlon Club	48
13	U20	Amy Baggs	Havering AC	49
14	U17	Catherine Barker	Havering AC	23: 06
15	U17	Mia Slesser	Southend-on-Sea AC	09
16	U17	Lucie Ball	Thurrock Harriers	14
17	U17	Genevieve Pate	Benfleet Running Club	52
18	U17	Ellen Williams	Southend-on-Sea AC	24: 24
19	U17	Emily James	Havering AC	25: 28
20	U17	Natasha Walter	Southend-on-Sea AC	46

Teams			
1	Havering AC	25	
2	Southend-on-Sea AC	64	
3	Chelmsford AC	6	(2)
4	Benfleet Running Club	23	(2)
5	Harlow AC	4	(1)
6	Ilford AC	8	(1)
7	Basildon AC	9	(1)
8	Cambridge & Coleridge AC	10	(1)
9	Discovery Triathlon Club	12	(1)
10	Thurrock Harriers	16	(1)

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<u>Basildon</u>		<u>U17 Men</u>	<u>11-02-17</u>
Pos	Name	Team	Time
1	Joseph Owen	Orion Harriers	26: 45
2	Connor Page	Chelmsford AC	47
3	Sam Norris	Southend-on-Sea AC	27: 59
4	Isaac Brown	Basildon AC	28: 03
5	Sarab Dhillon	Thurrock Harriers	25
6	Sam Atkins	Havering AC	46
7	Freddy Richardson	Colchester & Tendring AC	29: 07
8	Ben Miller	Colchester & Tendring AC	09
9	Joe Logan	Thurrock Harriers	30: 02
10	Jack Exley	Thurrock Harriers	08
11	Lewis Debenham	Havering AC	19
12	Taylor Newell	Thurrock Harriers	22
13	Nebay Debesay	Braintree & District AC	31: 00
14	Tom Stuttle	Southend-on-Sea AC	04
15	Luke Gill	East Essex Triathlon Club	07
16	Harry Smith	Southend-on-Sea AC	33
17	Oliver Bath	Havering AC	32: 06
18	Matt Norris	Southend-on-Sea AC	13

Teams	Time
1 Thurrock Harriers	36
2 Southend-on-Sea AC	51
3 Havering AC	34 (3)
4 Colchester & Tendring AC	15 (2)
5 Orion Harriers	1 (1)
6 Chelmsford AC	2 (1)
7 Basildon AC	4 (1)
8 Braintree & District AC	13 (1)
9 East Essex Triathlon Club	15 (1)

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<u>Basildon</u>		<u>Senior Women</u>	<u>11-02-17</u>		
Pos	Age	Name	Team	Time	Division 1 Teams (4 to score)
1	W35	Liz Davies	Springfield Striders RC	29: 30	1 Chelmsford AC 44
2	SW	Carla Brown	Cambridge & Coleridge AC	30: 05	2 Basildon AC 45
3	SW	Kerry Holland	Southend-on-Sea AC	: 22	3 Southend-on-Sea AC 54
4	W35	Sally Judd	Chelmsford AC	: 27	4 Springfield Striders RC 74
5	SW	Laura Brooks	Basildon AC	: 37	5 Orion Harriers 75
6	SW	Lucy Charles	Orion Harriers	: 52	6 Benfleet Running Club 180
7	SW	Anna Whitfield	Basildon AC	31: 09	7 Thrift Green Trotters 211
8	W35	Emma Prideaux	Billericay Striders RC	: 18	8 Phoenix Striders 233
9	SW	Rebecca Luxton	Chelmsford AC	: 57	9 Colchester Harriers AC 84 (3)
10	W35	Hayley Hawes	East Essex Triathlon Club	32: 09	10 Ilford AC 99 (2)
11	W35	Lyndsey Colman	Southend-on-Sea AC	: 44	11 Cambridge & Coleridge AC 2 (1)
12	W45	Wendy King	Chelmsford AC	33: 33	12 Thurrock Harriers 45 (1)
13	W35	Debbie Appleton	Havering AC	: 38	
14	SW	Sarah Pennington	Southend-on-Sea AC	: 50	Division 2 Teams (4 to score)
15	SW	Emily Bullis	Basildon AC	: 54	1 Billericay Striders RC 106
16	W45	Christine Howard	Billericay Striders RC	: 56	2 Havering AC 136
17	W45	Denise Morley	Colchester Harriers AC	: 58	3 Halstead RR 154
18	W35	Louise Douglass	Basildon AC	34: 06	4 Mid Essex Casuals 222
19	SW	Hayley Pegg	Chelmsford AC	: 22	5 Pitsea Running Club 302
20	W35	Polly Bridgman	Springfield Striders RC	: 57	6 Loughton AC 205 (3)
21	SW	Ella Neale	Colchester Harriers AC	35: 00	7 East Essex Triathlon Club 96 (2)
22	SW	Natalie Kipps	Orion Harriers	: 02	
23	W35	Hayley Rogerson	Orion Harriers	: 06	Veteran Team Result (3 to score)
24	W45	Alison Trauttmansdorff	Orion Harriers	: 10	1 Springfield Striders RC 46
25	W35	Emily Smith	Springfield Striders RC	: 31	2 Billericay Striders RC 64
26	W35	Natasha Lagden	Southend-on-Sea AC	: 54	3 Southend-on-Sea AC 73
27	W45	Jacqui Watson	Benfleet Running Club	36: 12	4 Orion Harriers 81
28	W35	Victoria Curren	Springfield Striders RC	: 15	5 Havering AC 103
29	SW	Hazel Buist	Halstead RR	: 40	6 Benfleet Running Club 118
30	W45	Nicki Leigh	Benfleet Running Club	: 41	7 Thrift Green Trotters 139
31	W35	Jo Sullivan	Havering AC	: 43	8 Mid Essex Casuals 141
32	W35	Kathleen Short	Thrift Green Trotters	: 47	9 Phoenix Striders 167
33	SW	Claire Davies	Havering AC	37: 37	10 Loughton AC 205
34	W45	Pippa Dowsell	Orion Harriers	: 50	11 Pitsea Running Club 217
35	SW	Rosie Atkins	Halstead RR	38: 03	12 Chelmsford AC 12 (2)
36	W35	Kasia Kostyrka	Southend-on-Sea AC	: 14	13 Colchester Harriers AC 46 (2)
37	W45	Paula Purtell	Mid Essex Casuals	: 48	14 Halstead RR 52 (2)
38	W35	Melanie Candler	Halstead RR	39: 00	15 Ilford AC 58 (2)
39	W45	Sue Aves	Springfield Striders RC	: 11	16 East Essex Triathlon Club 86 (2)
40	W35	Clare Warley	Billericay Striders RC	: 30	17 Basildon AC 18 (1)
41	W55	Bridge Nordin	Ilford AC	: 38	18 Thurrock Harriers 45 (1)
42	W55	Christine Deacon	Billericay Striders RC	: 57	
43	W45	Lorna Gaffney	Loughton AC	40: 04	
44	W45	Lorna Pettifer	Mid Essex Casuals	: 24	
45	W35	Sue Beck	Thurrock Harriers	: 31	
46	W55	Toni Wilson	Colchester Harriers AC	: 34	

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Pos	Age	Name	Team	Time
47	W45	Jo Pearce	Phoenix Striders	40: 43
48	W45	Hilda O'Kelly	Springfield Striders RC	: 51
49	W35	Joanne Ling	Billericay Striders RC	41: 05
50	W35	Nina Barrett	Thrift Green Trotters	: 19
51	W55	Wendy Read	Billericay Striders RC	: 25
52	W45	Wendy Carter	Halstead RR	: 46
53	W35	Karen Chapman	Springfield Striders RC	: 55
54	W35	Ruth Havis	Billericay Striders RC	42: 06
55	W45	Ruth Roberts	Phoenix Striders	: 08
56	W45	Donna Hindle	Springfield Striders RC	: 33
57	W35	Madeleine Knight	Thrift Green Trotters	: 47
58	W45	Dianne Crisp	Ilford AC	: 59
59	W55	Lesley Gahagan	Havering AC	43: 10
60	W45	Sharon Skidmore	Mid Essex Casuals	: 13
61	W45	Mandy Cooper	Benfleet Running Club	: 24
62	W35	Sarah Norton	Benfleet Running Club	: 34
63	W45	Elaine Tribbley	Springfield Striders RC	44: 17
64	W55	Helen Williams	Pitsea Running Club	: 25
65	W45	Lynsey Gray	Phoenix Striders	: 31
66	W55	Beryl De Smedt	Phoenix Striders	: 48
67	W45	Maxine Seward	Phoenix Striders	: 52
68	W45	Tracy O'Neill	Havering AC	45: 26
69	W45	Sharon Bannister	Springfield Striders RC	: 29
70	W35	Tamsin Davies	Phoenix Striders	: 31
71	SW	Grace Reeman	Phoenix Striders	: 36
72	W35	Clare Hills	Thrift Green Trotters	: 53
73	W65	Jean Hobbs	Loughton AC	46: 04
74	W35	Vicky Robins	Springfield Striders RC	: 18
75	W45	Annette Johnson	Benfleet Running Club	: 40
76	W55	Valerie Sinclair	Pitsea Running Club	: 45
77	W55	Gillian Harrison	Pitsea Running Club	47: 26
78	W35	Sarah Knowles	Springfield Striders RC	: 28
79	SW	Sarah Frost	Halstead RR	: 48
80	W55	Jackie Woodroffe	Thrift Green Trotters	48: 00
81	SW	Dawn Shilling	Mid Essex Casuals	: 03
82	W45	Laura Williams	Benfleet Running Club	: 26
83	W45	Nicola Maslen	Phoenix Striders	: 42
84	W35	Maria McQueenie	Phoenix Striders	49: 06
85	W35	Angela Smith	Pitsea Running Club	50: 16
86	W65	Teresa Flannigan	East Essex Triathlon Club	: 32
87	W45	Sara Prior	Guest	53: 17
88	W35	Louise Chappell	Guest	: 17
89	W45	Michaela Davis	Loughton AC	55: 08
90	W65	Tina Leung	Thrift Green Trotters	57: 21
91	W55	Caroline Harding	Phoenix Striders	59: 0
92	W45	Nicola Burston	Phoenix Striders	: 0

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<u>Basildon</u>			<u>Senior Men</u>	<u>11-02-17</u>		
Pos	Age	Name	Team	Time	Division 1	Teams
1	V40	Sullivan Smith	Cambridge & Coleridge AC	27: 39		1 Springfield Striders RC 104
2	U20	Ahmed Abdulle	Ilford AC	: 51		2 Havering AC 136
3	SM	Ryan Prout	Chelmsford AC	: 56		3 Orion Harriers 160
4	SM	Rob Warner	Havering AC	28: 06		4 Colchester Harriers AC 173
5	SM	Paul Molyneaux	Springfield Striders RC	: 27		5 Ilford AC 280
6	U20	Ben Davis	Havering AC	29: 04		6 Benfleet Running Club 333
7	SM	Alec Finch	Thurrock Harriers	: 16		7 Chelmsford AC 339
8	U20	Brandon Thorpe	Basildon AC	: 18		8 Southend-on-Sea AC 367
9	SM	James Smith	Springfield Striders RC	: 20		9 Basildon AC 512
10	SM	Alex Richards	Ilford AC	: 26		10 Phoenix Striders 672
11	U20	Max Jones	Basildon AC	: 33		11 Thrift Green Trotters 438 (4)
12	U20	Dennis Richards	Orion Harriers	: 37		12 Pitsea Running Club 549 (4)
13	SM	Tom Cammack	Springfield Striders RC	: 45		
14	SM	Daz Farrugia	Colchester Harriers AC	: 51		
15	SM	Cameron Humphries	Colchester Harriers AC	: 57	Division 2	Teams
16	V40	Allen Smalls	Colchester Harriers AC	: 59		1 Thurrock Harriers 410
17	V40	Steve Rand	Havering AC	30: 02		2 Billericay Striders RC 477
18	U20	Jordan Christofomou	Orion Harriers	: 02		3 Halstead RR 586
19	V40	Greg Deacon	Springfield Striders RC	: 02		4 Cambridge & Coleridge AC 313 (5)
20	SM	Kurtis Swan	Billericay Striders RC	: 17		5 Mid Essex Casuals 716 (5)
21	V40	Lee Taylor	Southend-on-Sea AC	: 18		6 East Essex Triathlon Club 334 (3)
22	SM	Charlie Parker	Southend-on-Sea AC	: 20		7 Braintree & District AC 176 (2)
23	SM	Danny Moses	Orion Harriers	: 24		8 Loughton AC 160 (1)
24	SM	Richard Park	Cambridge & Coleridge AC	: 36		
25	SM	Alex Manton	Springfield Striders RC	: 44		Veteran Team Result (4 to score)
26	U20	James Stewart	Havering AC	: 53		1 Springfield Striders RC 134
27	V40	Andy Low	Benfleet Running Club	: 57		2 Colchester Harriers AC 144
28	SM	Steve Mason	Cambridge & Coleridge AC	: 59		3 Orion Harriers 210
29	SM	Reece Barclay	Orion Harriers	31: 00		4 Havering AC 237
30	SM	James Nadin	Chelmsford AC	: 03		5 Benfleet Running Club 238
31	V40	Paul Holloway	Ilford AC	: 07		6 Thurrock Harriers 324
32	SM	Alex Hardy	Orion Harriers	: 01		7 Southend-on-Sea AC 326
33	V40	Anthony Goodall	Springfield Striders RC	: 11		8 Billericay Striders RC 335
34	SM	Chris Burgoyne	Springfield Striders RC	: 14		9 Ilford AC 369
35	SM	Rhys Gillard	Southend-on-Sea AC	: 17		10 Chelmsford AC 433
36	SM	Paul Grange	Havering AC	: 18		11 Thrift Green Trotters 438
37	SM	George Watts	Benfleet Running Club	: 20		12 Phoenix Striders 485
38	V50	Colin Ridley	Colchester Harriers AC	: 22		13 Mid Essex Casuals 547
39	V40	Paul Dobson	Springfield Striders RC	: 24		14 Cambridge & Coleridge AC 261 (3)
40	SM	Reece Asik	Chelmsford AC	: 28		15 Halstead RR 347 (3)
41	SM	James Wright	Springfield Striders RC	: 34		16 Basildon AC 438 (3)
42	V40	Richard Heath	Colchester Harriers AC	: 36		17 Pitsea Running Club 479 (3)
43	V40	Seb McGuire	Springfield Striders RC	: 43		18 East Essex Triathlon Club 214 (2)
44	SM	Russell Davies	Springfield Striders RC	: 45		19 Braintree & District AC 104 (1)
45	V40	Stuart Raven	Springfield Striders RC	: 48		20 Loughton AC 160 (1)
46	V40	Adam Baker	Orion Harriers	: 51		
47	U20	Euan Harlow	Havering AC	: 56		
48	V40	Mark Harrod	Colchester Harriers AC	: 58		
49	V40	Mark Dillon	Orion Harriers	32: 00		
50	V40	Colin Read	Orion Harriers	: 04		
51	V40	Scott Rice	Thurrock Harriers	: 05		
52	V50	Alec Kyriakides	Southend-on-Sea AC	: 15		
53	SM	Alfie Waitthaka	Havering AC	: 24		
54	SM	Seb Parriss	Ilford AC	: 25		
55	U20	Christian Gray	Basildon AC	: 28		

Pos	Age	Name	Team	Time
56	V40	Matt Bland	Havering AC	32: 29
57	V50	Michael Bridgeland	Chelmsford AC	: 30
58	SM	Chris Wayman	Benfleet Running Club	: 32
59	SM	Neil McGoun	Orion Harriers	: 37
60	V40	Graham Booty	Benfleet Running Club	: 46
61	V50	Paul Spowage	Colchester Harriers AC	: 51
62	V40	Stuart Putt	Springfield Striders RC	33: 00
63	V50	Robin McCoy	Billericay Striders RC	: 01
64	V50	Neil Crisp	Ilford AC	: 02
65	V40	Tim Wright	Orion Harriers	: 13
66	V40	Terry Spooner	Benfleet Running Club	: 24
67	SM	Wesley Atkins	Halstead RR	: 28
68	V40	Adrian Smith	Orion Harriers	: 44
69	V50	Paul Broome	Springfield Striders RC	: 50
70	SM	Jack Morris	Pitsea Running Club	: 57
71	SM	Gavin Scanlan	Colchester Harriers AC	34: 00
72	U20	Conor Culham	Braintree & District AC	: 01
73	SM	Ewan McFarlane	Phoenix Striders	: 04
74	SM	Shay White	Orion Harriers	: 05
75	U20	Kieran O'Hara	Havering AC	: 08
76	SM	Jim Clark	Halstead RR	: 12
77	V50	Leo Cole	Non-scorer	: 13
78	V50	Mark Gowers	Billericay Striders RC	: 15
79	V50	Peter West	Colchester Harriers AC	: 22
80	V40	Keith Willett	Thurrock Harriers	: 35
81	V40	Gary Atkins	Havering AC	: 38
82	V50	Peter Tullett	Chelmsford AC	: 47
83	V40	Steve Walker	Havering AC	: 49
84	V60	Dave Butler	Billericay Striders RC	: 54
85	V50	Richard Jones	Benfleet Running Club	35: 00
86	SM	Tim Martin	Thurrock Harriers	: 02
87	V40	Jon Byford	Springfield Striders RC	: 07
88	V50	Alan Clark	Benfleet Running Club	: 12
89	V50	Keith Thornton	Thrift Green Trotters	: 13
90	V40	Stuart Presney	Halstead RR	: 17
91	V50	Trevor Horncastle	Phoenix Striders	: 24
92	SM	Tom Anderson	Thurrock Harriers	: 34
93	V40	Jon Wyatt	East Essex Triathlon Club	: 44
94	V50	John Metcalfe	Thurrock Harriers	: 50
95	SM	Jason Crispin	Havering AC	: 55
96	SM	Dan Hollinshead	Halstead RR	36: 03
97	V50	Phil Olsen	Thrift Green Trotters	: 05
98	SM	Lee Gumbrell	Benfleet Running Club	: 34
99	V50	Don Lawless	Thurrock Harriers	: 39
100	V50	James Hart	Orion Harriers	: 42
101	SM	Martin Reynolds	Orion Harriers	: 49
102	V40	Ian Pike	Benfleet Running Club	37: 00
103	SM	Roy Harwood	Benfleet Running Club	: 14
104	V40	Myles Coulson	Braintree & District AC	: 17
105	V60	Bob Langley	Halstead RR	: 22
106	V40	Danny Fitzsimons	Orion Harriers	: 28
107	V40	Steve Bennett	Orion Harriers	: 45
108	SM	Richard Rowe	Havering AC	: 49
109	V60	Peter Binns	Southend-on-Sea AC	: 54
110	V40	Matt Stenning	Billericay Striders RC	: 59

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Pos	Age	Name	Team	Time
111	V60	Charlie Ritchie	Cambridge & Coleridge AC	38: 06
112	V50	Bill Bennett	Orion Harriers	: 10
113	V40	Mike Grout	Benfleet Running Club	: 12
114	SM	Tom Gibson	Phoenix Striders	: 14
115	V50	Julian Catmull	Springfield Striders RC	: 17
116	V40	Nick Knight	Thrift Green Trotters	: 18
117	V50	Dave Brock	Orion Harriers	: 20
118	V50	John Sweeney	Mid Essex Casuals	: 22
119	V40	Dennis Briggs	Ilford AC	: 27
120	SM	Martin Cook	East Essex Triathlon Club	: 29
121	V60	Ian Gill	East Essex Triathlon Club	: 50
122	V50	Steve Foggo	Billericay Striders RC	39: 02
123	V40	Roy Perrott	Orion Harriers	: 05
124	V50	Mark Jeffrey	Springfield Striders RC	: 13
125	V50	Carl Easton	Phoenix Striders	: 17
126	V40	Simon Morgan	Colchester Harriers AC	: 22
127	V50	Kevin Kirby	Chelmsford AC	: 27
128	SM	Kevin Brown	Southend-on-Sea AC	: 40
129	SM	Greg Goodrem	Southend-on-Sea AC	: 40
130	V60	Cliff Weatherup	Mid Essex Casuals	: 51
131	SM	Tony Collins	Havering AC	: 56
132	V40	Lee Hazlewood	Phoenix Striders	40: 05
133	V50	Tim Brockington	Springfield Striders RC	: 15
134	V50	Richard Bullis	Basildon AC	: 20
135	V40	Greg Wisken	Mid Essex Casuals	: 24
136	V50	James MacNish-Porter	Thrift Green Trotters	: 25
137	V40	Paul Agastina	Phoenix Striders	: 28
138	V40	James Price	Phoenix Striders	: 32
139	V40	Gary Rowlatt	Thurrock Harriers	: 36
140	V50	Paul Williams	Orion Harriers	: 43
141	V40	Nigel Instance	Thurrock Harriers	: 58
142	V50	Gary Bartlett	Orion Harriers	41: 01
143	V50	Dave Lane	Phoenix Striders	: 04
144	V40	Matt Gillard	Southend-on-Sea AC	: 09
145	U20	Aidan Elmore	Havering AC	: 22
146	V50	Martin Orford	Phoenix Striders	: 26
147	V50	Neil Clark	Phoenix Striders	: 26
148	V40	Adam Stow	Phoenix Striders	: 33
149	V70	Glyn Smith	Cambridge & Coleridge AC	: 51
150	V40	John Rex	Basildon AC	42: 06
151	V50	Mark Childs	Phoenix Striders	: 48
152	V50	Andy Carter	Halstead RR	: 51
153	V60	Don Sinclair	Pitsea Running Club	43: 16
154	V50	Rhys Davis	Basildon AC	: 38
155	V60	Ted Skinner	Ilford AC	44: 14
156	V40	Ricky Lee	Billericay Striders RC	: 34
157	SM	Ryan Sibley	Phoenix Striders	45: 00
158	V60	Peter McLaughlin	Pitsea Running Club	: 06
159	V60	Keith Walker	Billericay Striders RC	46: 05
160	V60	David Hobbs	Loughton AC	48: 11
161	V50	John Wilkinson	Phoenix Striders	: 18
162	V60	Martin Swain	Benfleet Running Club	: 25
163	V50	Duncan Russell	Phoenix Striders	49: 09
164	V60	Brian Butcher	Mid Essex Casuals	: 43
165	V60	Jim Rourke	Billericay Striders RC	50: 17

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Pos	Age	Name	Team	Time
166	V50	Eddie Mills	Phoenix Striders	50: 45
167	V70	Charlie Ross	Chelmsford AC	51: 45
168	V50	David Davidson	Pitsea Running Club	52: 54
169	V60	Nick McCullough	Mid Essex Casuals	54: 03
170	V50	Nelson Howe	Phoenix Striders	61: 24