

Individual positions after three fixtures (best two scores)

Pos	Cat	Athlete	Team	Pts
1	U13 G	Erin Little	Chelmsford AC	3
2	U13 G	Freya Seymour	Basildon AC	11
3	U13 G	Chloe Rand	Havering AC	13
4	U13 G	Kiera Atkinson	Chelmsford AC	15
4	U13 G	Maisy Silverstone	Orion Harriers	15
6	U13 G	Nneka Okoh	Chelmsford AC	16
7	U13 G	Holly Watson	Chelmsford AC	19
8	U13 G	Jayne Elvin	Thurrock Harriers	20
9	U13 G	Matilda Canty	Havering AC	24
10	U13 G	Ruby Muffett	Southend-on-Sea AC	29
11	U13 G	Madeline Barker	Havering AC	33
12	U13 G	Francesca Turner	Basildon AC	35
13	U13 G	Freya Long	Havering AC	36
14	U13 G	Grace Holmes	Southend-on-Sea AC	38
15	U13 G	Millie Costin	Basildon AC	52
16	U13 G	Hannah Warner	Southend-on-Sea AC	53
17	U13 G	Sophie Foot	Orion Harriers	57
18	U13 G	Rosie Spring	Thurrock Harriers	59
19	U13 G	Libby Gosling	Orion Harriers	64
20	U13 G	Heidi Aylen	Havering AC	69
21	U13 G	Verity Garcia	Orion Harriers	72
22	U13 G	Anna Leinemann	Discovery Triathlon Club	77
23	U13 G	Jessica Turner	Basildon AC	79
23	U13 G	Lucia De Cristofano	Benfleet Running Club	79
25	U13 G	Eliza Sole	Southend-on-Sea AC	86
26	U13 G	Rebekah Long	Chelmsford AC	87
27	U13 G	Mabel Cowley	Basildon AC	93
28	U13 G	Lauren Holmes	Basildon AC	95
29	U13 G	Amelia Jones	Southend-on-Sea AC	98
30	U13 G	Sophia Stephanou	Havering AC	108
31	U13 G	Leah Hampson-Long	Benfleet Running Club	115

Pos	Cat	Athlete	Team	Pts
1	U13 B	Matthew Blacklock	Havering AC	3
2	U13 B	Henry Dover	Colchester & Tendring AC	7
3	U13 B	Will Steadman	Chelmsford AC	18
4	U13 B	Shane Hart	Havering AC	22
5	U13 B	Thomas Wood	Braintree & District AC	24
6	U13 B	Matthew Hick	Ilford AC	25
7	U13 B	Cooper Mills	Chelmsford AC	33
8	U13 B	Daniel Zailer-Fletcher	Cambridge & Coleridge AC	36
9	U13 B	Harrison Thorpe	Basildon AC	37
9	U13 B	Jacob Alexander	Chelmsford AC	37
11	U13 B	Lawrence Martin	Chelmsford AC	40
12	U13 B	Thomas Peacock	Thurrock Harriers	47
13	U13 B	Ronan Longman-Young	Benfleet Running Club	48
14	U13 B	Joseph Perry	Chelmsford AC	54

Individual positions after three fixtures (best two scores)

15	U13 B	Jack Edwards	Basildon AC	61
16	U13 B	Harry Elgar	Southend-on-Sea AC	62
17	U13 B	Alex Kerr	Havering AC	63
18	U13 B	Onyekachukwu Okoh	Chelmsford AC	67
18	U13 B	Alistair Moscuzza	Braintree & District AC	67
18	U13 B	Harry Tobin	Thurrock Harriers	67
21	U13 B	Charlie Parmenter	Colchester Harriers AC	82
22	U13 B	Matthew Collins	Southend-on-Sea AC	87
23	U13 B	Jack Rushworth	Harlow AC	90
24	U13 B	Dominic Gal	Southend-on-Sea AC	93
24	U13 B	Kieran Rodd	Southend-on-Sea AC	93
26	U13 B	Ryan McCarthy	Havering AC	102
27	U13 B	James Tudor	Havering AC	108
28	U13 B	Benedict Heath	Benfleet Running Club	113

Individual positions after three fixtures (best two scores)

Pos	Cat	Athlete	Team	Pts
1	U15G	Sydney Foley	Havering AC	5
2	U15G	Megan Harris	Basildon AC	6
3	U15G	Matilda Taylor	Cambridge & Coleridge AC	9
4	U15G	Milly Presland	Colchester Harriers AC	11
5	U15G	Sophie Wetheridge	Basildon AC	17
6	U15G	Lauryn Wood	Chelmsford AC	26
7	U15G	Madison Harris	Basildon AC	27
8	U15G	Faye Sweeting	Chelmsford AC	28
9	U15G	Martha Smith	Chelmsford AC	29
10	U15G	Millie Robson	Cambridge & Coleridge AC	30
10	U15G	Sophie Magson	Orion Harriers	30
12	U15G	Daizy Harris	Basildon AC	31
13	U15G	Hannah Bolton	Chelmsford AC	33
14	U15G	Sasha Clark	Cambridge & Coleridge AC	51
15	U15G	Isabel Judd	Basildon AC	52
16	U15G	Amelie Maris	Cambridge & Coleridge AC	56
17	U15G	Madeleine Claydon	Colchester Harriers AC	58
18	U15G	Sasha Whiley	Chelmsford AC	60
19	U15G	Hannah Peacock	Thurrock Harriers	62
20	U15G	Maddie Piron	Harlow AC	65
20	U15G	Rebecca O'Rourke	Havering AC	65
22	U15G	Hollie Rex	Basildon AC	66
23	U15G	Lois Hale	Harlow AC	71
24	U15G	Annie Grannell	Havering AC	72
25	U15G	Alex Dorson	Orion Harriers	74
25	U15G	Morgan Romain	Havering AC	74
27	U15G	Grace Malcolm	Harlow AC	78
28	U15G	Kennedy Beardwell	Thurrock Harriers	91
29	U15G	Leah Brewer	Thurrock Harriers	93
30	U15G	Iris Brandon	Orion Harriers	95
31	U15G	Emily Fall	Thurrock Harriers	96
32	U15G	Becci Leddy	Orion Harriers	99
33	U15G	Lena Leinemann	Discovery Triathlon Club	101
34	U15G	Freya Hudson	Basildon AC	103
35	U15G	Eve Smith	Orion Harriers	112

Pos	Cat	Athlete	Team	Pts
1	U15 B	Finnlay Lowe	Thurrock Harriers	4
2	U15 B	Luke Meridew	Basildon AC	8
3	U15 B	Jamie Rashbrook	Basildon AC	10
4	U15 B	Ethan Reilly	Chelmsford AC	12
5	U15 B	Matthew Warner	Southend-on-Sea AC	20
6	U15 B	Matthew Magin	Cambridge & Coleridge AC	24
7	U15 B	Luke Randall	Southend-on-Sea AC	26
8	U15 B	Aaron Davis	Chelmsford AC	36
9	U15 B	George Hey	Southend-on-Sea AC	38
10	U15 B	Dylan Harrod	Thurrock Harriers	44

Individual positions after three fixtures (best two scores)

11	U15 B	Luke Chester	Havering AC	46
11	U15 B	Nathan Boase	Orion Harriers	46
13	U15 B	Archie Connors	Benfleet Running Club	47
14	U15 B	Charlie Regan	Colchester & Tendring AC	61
15	U15 B	Samuel Waite	Chelmsford AC	62
16	U15 B	Henry Lay	Havering AC	65
17	U15 B	Matthew Pinney	Cambridge & Coleridge AC	68
18	U15 B	Scott Thomas	Chelmsford AC	73
19	U15 B	Henry Jones	Orion Harriers	85
20	U15 B	Timi McDaniel	Havering AC	86
21	U15 B	Daniel Edwards	Basildon AC	87
22	U15 B	Jake Long	Havering AC	94
23	U15 B	Kyle Gill	East Essex Triathlon Club	96
24	U15 B	Haydn Hawkins	Braintree & District AC	99
24	U15 B	Joseph Watts	Orion Harriers	99
26	U15 B	Sunny Vehit	Thurrock Harriers	109

Individual positions after three fixtures (best two scores)

Pos	Cat	Athlete	Team	Pts
1	U17W	Kate O'Neill	Havering AC	5
2	U17W	Hayley Instance	Thurrock Harriers	7
3	U17W	Hannah Watson	Colchester Harriers AC	20
4	U17W	Annalie Cole	Orion Harriers	25
5	U17W	Aoibheann Pearce	Orion Harriers	31
6	U17W	Joanna Rimmington	Southend-on-Sea AC	32
6	U17W	Beth Ashley	Basildon AC	32
8	U17W	Jenna Williams	Southend-on-Sea AC	34
9	U17W	Abby Rex	Basildon AC	35
10	U17W	Beth Irving	Cambridge & Coleridge AC	36
11	U17W	Jordan Hinds	Ilford AC	46
12	U17W	Catherine Barker	Havering AC	50
13	U17W	Lucy Priestley	Havering AC	77

1	U20W	Rachel Broome	Chelmsford AC	9
2	U20W	Sinead Clark	Benfleet Running Club	11
3	U20W	Ellen Williams	Southend-on-Sea AC	39

Pos	Cat	Athlete	Team	Pts
1	U17M	Lewis Harknett	Orion Harriers	5
2	U17M	Sarab Dhillon	Thurrock Harriers	16
3	U17M	Zack Bridgeland	Chelmsford AC	19
4	U17M	Joseph Trim	East Essex Triathlon Club	20
5	U17M	Sam Norris	Southend-on-Sea AC	21
6	U17M	Oliver Randall	Southend-on-Sea AC	22
6	U17M	Taylor Newell	Thurrock Harriers	22
8	U17M	Ben Prior	Thurrock Harriers	23
9	U17M	Sam Wheatley	Southend-on-Sea AC	35
10	U17M	Danny Millward	Colchester Harriers AC	37
11	U17M	Luke Savage	Basildon AC	39
12	U17M	Alex Friend	Havering AC	45
13	U17M	Luke Gill	East Essex Triathlon Club	46
14	U17M	Matthew Houchell	Basildon AC	63
15	U17M	George Hill	Basildon AC	65
16	U17M	William Jones	Orion Harriers	70
17	U17M	George Applewhite	Basildon AC	79
18	U17M	Henri Willett	Thurrock Harriers	83
19	U17M	Elijah Brown	Southend-on-Sea AC	86
20	U17M	Mark Beale	Chelmsford AC	91
21	U17M	Louis Berrett	Havering AC	93

Individual positions after three fixtures (best two scores)

Pos	Cat	Athlete	Team	Pts
1	U20M	George Day	Orion Harriers	17
2	U20M	Max Williams	Cambridge & Coleridge AC	27
3	U20M	Brandon Thorpe	Basildon AC	38
4	U20M	James Stewart	Havering AC	40
5	U20M	Benjamin Miller	Colchester & Tendring AC	137
6	U20M	Joe Logan	Thurrock Harriers	144
7	U20M	Lewis Debenham	Havering AC	178
8	U20M	Kieran O'Hara	Havering AC	186
9	U20M	Conor Culham	Braintree & District AC	191
10	U20M	Joshua Mulley	Braintree & District AC	203
11	U20M	Aidan Elmore	Havering AC	433

Individual positions after three fixtures (best two scores)

Pos	Cat	Athlete	Team	Pts
1	SW	Megan Evans	Chelmsford AC	10
2	SW	Clare Thurgood	Orion Harriers	11
3	SW	Charlotte Bishop	Basildon AC	20
4	SW	Rebecca Cole	Chelmsford AC	26
5	SW	Ginte Bailey	Havering AC	29
6	SW	Nicola Bredin	Benfleet Running Club	39
7	SW	Hayley Lamkin	Southend-on-Sea AC	41
8	SW	Ella Neale	Colchester Harriers AC	50
9	SW	Holly Gillard	Southend-on-Sea AC	58
10	SW	Hayley Pegg	Chelmsford AC	61
11	SW	Sarah Pennington	Southend-on-Sea AC	70
12	SW	Rebecca Davidson	Grange Farm & Dunmow Runners	92
13	SW	Jade Edwards	Havering AC	109
14	SW	Carlie Qirem	Iford AC	150
15	SW	Amy Gornall	Thrift Green Trotters	177
16	SW	Leigh-Anne Porter	Halstead RR	194
17	SW	Anna Crawley	Iford AC	232
18	SW	Charlotte Edwards	Thurrock Harriers	243
19	SW	Vicki Calleja	Thrift Green Trotters	270
20	SW	Sasha Tourbassora	JBR Run and Tri	294
21	SW	Hannah Bardell	JBR Run and Tri	311
1	V35/V40W	Rachel Wiseman	Basildon AC	7
2	V35/V40W	Rebecca Luxton	Chelmsford AC	17
3	V35/V40W	Hayley Rogerson	Orion Harriers	42
4	V35/V40W	Louise Douglass	Basildon AC	85
5	V35/V40W	Ellie Cumner	Colchester Harriers AC	88
6	V35/V40W	Rachael Roughan	Halstead RR	94
7	V35/V40W	Polly Bridgman	Springfield Striders RC	99
8	V35/V40W	Lorraine Gosling	Orion Harriers	112
8	V35/V40W	Kerry Harrington	Grange Farm & Dunmow Runners	112
10	V35/V40W	Joanne Sullivan	Havering AC	114
11	V35/V40W	Marijke Van Eetvelde	Thrift Green Trotters	143
12	V35/V40W	Ruth Havis	Billericay Striders RC	154
13	V35/V40W	Clare Worley	Billericay Striders RC	156
14	V35/V40W	Anna Bambridge	Halstead RR	249
15	V35/V40W	Sharon Johnson	JBR Run and Tri	257
16	V35/V40W	Emily Penkett	Springfield Striders RC	268
17	V35/V40W	Clare Rudgley	Havering AC	280
18	V35/V40W	Stephanie Milligan	JBR Run and Tri	314
19	V35/V40W	Heather Impey	Phoenix Striders	345
20	V35/V40W	Jackie Bushnell	Phoenix Striders	371
1	V45/V50W	Wendy King	Chelmsford AC	28
2	V45/V50W	Debbie Appleton	Havering AC	38
3	V45/V50W	Denise Morley	Colchester Harriers AC	46
4	V45/V50W	Anne Jenkinson	Southend-on-Sea AC	83

Individual positions after three fixtures (best two scores)

5	V45/V50W	Lorna Gaffney	Loughton AC	121
6	V45/V50W	Jodie Farrell	Thurrock Harriers	129
7	V45/V50W	Vanessa Mathers	Southend-on-Sea AC	130
8	V45/V50W	Pippa Dowswell	Orion Harriers	132
9	V45/V50W	Nikki Leigh	Benfleet Running Club	137
10	V45/V50W	Mandy Wetheridge	Basildon AC	166
11	V45/V50W	Brady Ramsay	Grange Farm & Dunmow Runners	178
12	V45/V50W	Joanne Ling	Billericay Striders RC	190
13	V45/V50W	Kelly McClenaghan	Benfleet Running Club	192
14	V45/V50W	Louise Young	JBR Run and Tri	196
15	V45/V50W	Jo Pearce	Phoenix Striders	212
16	V45/V50W	Annette Johnson	Benfleet Running Club	221
16	V45/V50W	Wendy Carter	Halstead RR	221
18	V45/V50W	Juliet Ward	Havering AC	230
19	V45/V50W	Shona Browning	Billericay Striders RC	238
20	V45/V50W	Debbielyn Hallam	Southend-on-Sea AC	246
21	V45/V50W	Lorna Pettifer	Mid Essex Casuals	282
22	V45/V50W	Nicole Smith	Halstead RR	283
23	V45/V50W	Tracy O'Neill	Havering AC	297
24	V45/V50W	Nicola Maslen	Phoenix Striders	313
25	V45/V50W	Launa Broadley	Iford AC	342
26	V45/V50W	Michaela Davis	Loughton AC	351
27	V45/V50W	Nicola Burston	Phoenix Striders	358
1	V55/V60W	Nicola Hopkinson	Iford AC	143
2	V55/V60W	Helen Williams	Pitsea Running Club	304
3	V55/V60W	Gillian Harrison	Pitsea Running Club	311
4	V55/V60W	Jackie M Woodroffe	Thrift Green Trotters	330
1	V65/V70W	Lynn Tanner	Springfield Striders RC	221
2	V65/V70W	Caroline Cogdell	Pitsea Running Club	279
3	V65/V70W	Jean Hobbs	Loughton AC	304
4	V65/V70W	Theresa Flannigan	East Essex Triathlon Club	320

Individual positions after three fixtures (best two scores)

Pos	Cat	Athlete	Team	Pts
1	SM	Rob Warner	Havering AC	8
2	SM	Ryan Prout	Thrift Green Trotters	14
3	SM	Paul Grange	Havering AC	23
4	SM	Alec Finch	Thurrock Harriers	31
5	SM	Tom Gardner	Ilford AC	34
6	SM	Kurtis Swan	Billericay Striders RC	42
7	SM	Alex Manton	Springfield Striders RC	50
8	SM	James Smith	Springfield Striders RC	54
9	SM	Rhys Gillard	Southend-on-Sea AC	62
10	SM	Reece Barclay	Orion Harriers	71
11	SM	Lee Baynton	Benfleet Running Club	87
12	SM	Chris Sellens	Colchester Harriers AC	89
13	SM	Brian Jenkins	Orion Harriers	97
14	SM	George Watts	Benfleet Running Club	120
14	SM	Matt Bainbridge	Grange Farm & Dunmow Runners	120
16	SM	Patrick Walsh	Southend-on-Sea AC	131
17	SM	John Whitehead	Havering AC	135
18	SM	Wesley Atkins	Halstead RR	169
19	SM	Jack Morris	Pitsea Running Club	178
20	SM	Freddy Keefe	Havering AC	180
21	SM	Peter Fairlamb	Orion Harriers	184
22	SM	Gavin Scanlan	Colchester Harriers AC	189
23	SM	Michael Feltham	Benfleet Running Club	210
24	SM	Ewan McFarlane	Phoenix Striders	211
25	SM	Daniel Reynolds	Grange Farm & Dunmow Runners	222
26	SM	Sebastian Parris	Ilford AC	226
27	SM	John Crawley	Ilford AC	227
28	SM	Thomas Walsh	Southend-on-Sea AC	256
29	SM	Christian Gray	East Essex Triathlon Club	287
30	SM	Tim Martin	Thurrock Harriers	320
30	SM	Tom Porter	Halstead RR	320
32	SM	Jon Greenley	Halstead RR	325
33	SM	Robert Frost	Halstead RR	376
34	SM	Samuel Robinson	Grange Farm & Dunmow Runners	383
35	SM	Greg Goodrem	Southend-on-Sea AC	444
36	SM	Tony Collins	Havering AC	469
37	SM	William Holman	Phoenix Striders	545
1	V40/V45M	Lee Taylor	Southend-on-Sea AC	28
2	V40/V45M	Malcolm Muir	Ilford AC	65
3	V40/V45M	Adam Baker	Orion Harriers	84
4	V40/V45M	Allen Smalls	Colchester Harriers AC	89
5	V40/V45M	Andrew Low	Benfleet Running Club	113
6	V40/V45M	Lee Martin	Springfield Striders RC	121
7	V40/V45M	Scott Rice	Thurrock Harriers	151
8	V40/V45M	Graham Booty	Benfleet Running Club	153
9	V40/V45M	Paul Holloway	Ilford AC	155

Individual positions after three fixtures (best two scores)

10	V40/V45M	Terry Spooner	Benfleet Running Club	160
11	V40/V45M	Martin Chester	Havering AC	173
12	V40/V45M	Adrian Smith	Orion Harriers	202
13	V40/V45M	Keith Willett	Thurrock Harriers	215
14	V40/V45M	Tim Wright	Orion Harriers	233
15	V40/V45M	Peter Barrett	Thrift Green Trotters	240
16	V40/V45M	Jon Whitehouse	Loughton AC	246
17	V40/V45M	Steve Walker	Havering AC	279
18	V40/V45M	Richard Bonham	Mid Essex Casuals	303
19	V40/V45M	Diarmuid MacDonnell	Guest	325
20	V40/V45M	Ian Pike	Benfleet Running Club	330
21	V40/V45M	Roy Perrott	Orion Harriers	358
22	V40/V45M	Paul Mitchell	Thurrock Harriers	376
23	V40/V45M	Steven Ball	Thurrock Harriers	380
24	V40/V45M	Dennis Briggs	Iford AC	397
25	V40/V45M	Stephen Bennett	Orion Harriers	398
26	V40/V45M	Ashwin Shah	Grange Farm & Dunmow Runners	404
27	V40/V45M	Matthew Gillard	Southend-on-Sea AC	458
28	V40/V45M	Alasdair S Daw	Billericay Striders RC	474
29	V40/V45M	Trevor Robinson	Loughton AC	501
30	V40/V45M	Roy Miller	Colchester & Tendring AC	540
31	V40/V45M	Sean Collinson	JBR Run and Tri	584
32	V40/V45M	Jon Brown	JBR Run and Tri	598
1	V50/V55M	Matthew Bland	Havering AC	91
2	V50/V55M	Colin Read	Orion Harriers	93
3	V50/V55M	Colin Ridley	Colchester Harriers AC	109
4	V50/V55M	John Barker	Thrift Green Trotters	155
5	V50/V55M	Michael Bridgeland	Chelmsford AC	171
6	V50/V55M	Alec Kyriakides	Southend-on-Sea AC	201
7	V50/V55M	Peter West	Colchester Harriers AC	228
8	V50/V55M	Neil Crisp	Iford AC	236
9	V50/V55M	Nick Rankin	Benfleet Running Club	261
10	V50/V55M	Alan Clark	Benfleet Running Club	262
11	V50/V55M	Keith Thornton	Thrift Green Trotters	278
12	V50/V55M	Eamonn Shelley	Thurrock Harriers	288
13	V50/V55M	Peter Tullett	Chelmsford AC	308
14	V50/V55M	Phil Olsen	Thrift Green Trotters	310
15	V50/V55M	Simon Morgan	Colchester Harriers AC	347
16	V50/V55M	Doug Stephens	Benfleet Running Club	368
17	V50/V55M	Martin Mack	Springfield Striders RC	373
18	V50/V55M	Paul Berrett	Havering AC	374
19	V50/V55M	Daniel Ward	Thrift Green Trotters	376
20	V50/V55M	Christopher Applegate	Thurrock Harriers	382
21	V50/V55M	Colin White	Billericay Striders RC	387
22	V50/V55M	Mark Jeffrey	Springfield Striders RC	395
23	V50/V55M	David Findlay	Basildon AC	412
24	V50/V55M	John Sweeney	Mid Essex Casuals	428

Individual positions after three fixtures (best two scores)

25	V50/V55M	Dave Hallett	JBR Run and Tri	435
26	V50/V55M	Greg Wiskin	Mid Essex Casuals	446
27	V50/V55M	Stephen Burton	Benfleet Running Club	449
28	V50/V55M	Andy Hawes	JBR Run and Tri	462
29	V50/V55M	Kevin Kirby	Chelmsford AC	463
30	V50/V55M	Ian Lawson	Grange Farm & Dunmow Runners	470
31	V50/V55M	Neal Clark	Phoenix Striders	485
32	V50/V55M	Stephen Cheal	Ilford AC	505
33	V50/V55M	Phillip Young	JBR Run and Tri	506
34	V50/V55M	Colin Wilkinson	Phoenix Striders	510
35	V50/V55M	Martin Orford	Phoenix Striders	515
36	V50/V55M	Paul Williams	Orion Harriers	518
37	V50/V55M	Anthony Young	Ilford AC	526
38	V50/V55M	Lee Prowse	Grange Farm & Dunmow Runners	532
39	V50/V55M	Billy Green	Ilford AC	534
40	V50/V55M	Clive Bailey	JBR Run and Tri	552
41	V50/V55M	Paul R Tawn	Mid Essex Casuals	564
42	V50/V55M	Satha Alaganandasundaram	Ilford AC	571
43	V50/V55M	Stephen Williams	Chelmsford AC	596
44	V50/V55M	Duncan Russell	Phoenix Striders	608
45	V50/V55M	Dave Girt	Southend-on-Sea AC	619
1	V60/V65M	David Butler	Billericay Striders RC	322
2	V60/V65M	Mike Bumstead	Thurrock Harriers	377
3	V60/V65M	Tim Brockington	Springfield Striders RC	431
4	V60/V65M	Bill Bennett	Orion Harriers	437
5	V60/V65M	Ian Gill	East Essex Triathlon Club	444
6	V60/V65M	Bernard Johnson	Thurrock Harriers	481
7	V60/V65M	Edward Skinner	Tiptree Road Runners	512
8	V60/V65M	Donald Sinclair	Pitsea Running Club	524
9	V60/V65M	Kevin Judge	Benfleet Running Club	566
10	V60/V65M	Brian Butcher	Mid Essex Casuals	578
11	V60/V65M	David Game	Mid Essex Casuals	599
12	V60/V65M	Peter Bates	Pitsea Running Club	611
13	V60/V65M	Peter McLaughlin	Pitsea Running Club	636
1	V70M +	Peter Binns	Southend-on-Sea AC	383
2	V70M +	Anthony Nixon	Ilford AC	390
3	V70M +	David Hobbs	Loughton AC	636