

## Essex Cross Country League (4)

<u>Basildon</u>		<u>U13 Girls</u>	<u>10/02/2018</u>	
Pos	Name	Team	Time	
1	Natalie Sewell	Havering AC	12: 32	
2	Chloe Rand	Havering AC	42	
3	Freya Seymour	Basildon AC	52	
4	Erin Little	Chelmsford AC	58	
5	Jayne Elvin	Thurrock Harriers	13: 03	
6	Nneka Okoh	Chelmsford AC	11	
7	Kiera Atkinson	Chelmsford AC	14	
8	Ruby Samuels	Southend-on-Sea AC	19	
9	Holly Watson	Chelmsford AC	21	
10	Maisy Silverstone	Orion Harriers	22	
11	Ruby Muffett	Southend-on-Sea AC	23	
12	Madeline Barker	Havering AC	25	
13	Chloe Trew	Basildon AC	33	
14	Freya Long	Havering AC	45	
15	Francesca Turner	Basildon AC	52	
16	Aisling Walters	Southend-on-Sea AC	14: 09	
17	Sophie Foot	Orion Harriers	20	
18	Hannah Warner	Southend-on-Sea AC	29	
19	Millie Costin	Basildon AC	29	
20	Verity Garcia	Orion Harriers	42	
21	Ava Haythorn	Havering AC	15: 14	
22	Elizabeth Stables	Harlow AC	15	
23	Heidi Aylen	Havering AC	16	
24	Libby Gosling	Orion Harriers	16	
25	Mia Bowring	Chelmsford AC	30	
26	Rebekah Long	Chelmsford AC	43	
27	Lucia De Cristofano	Benfleet Running Club	50	
28	Eliza Sole	Southend-on-Sea AC	57	
29	Sophie Nugent	Basildon AC	59	
30	Olivia Higgs	Thurrock Harriers	16: 04	
31	Lauren Holmes	Basildon AC	05	
32	Elle Thompson	Colchester & Tendring AC	20	
33	Rachel Sandercock	Colchester & Tendring AC	24	
34	Imogen Phipps	Basildon AC	39	
35	Darcy Spiby	Southend-on-Sea AC	46	
36	Elsa Styles	Colchester & Tendring AC	50	
37	Sophia Stephanou	Havering AC	17: 04	
38	Mabel Cowley	Basildon AC	11	
39	May Lee	Havering AC	53	
40	Leah Hampson-Long	Benfleet Running Club	18: 21	

  

<b>Teams</b>	
1	Chelmsford AC 26
2	Havering AC 29
3	Basildon AC 50
4	Southend-on-Sea AC 53
5	Orion Harriers 71
6	Colchester & Tendring AC 101 (3)
7	Thurrock Harriers 35 (2)
8	Benfleet Running Club 67 (2)
9	Harlow AC 22 (1)

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**Essex Cross Country League (4)**

<u>Basildon</u>				<u>U13 Boys</u>				<u>10/02/2018</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Matthew Blacklock	Havering AC	11: 37	41	Lewis Waite	Chelmsford AC					23
2	Henry Dover	Colchester & Tendring AC	12: 03	42	Benedict Heath	Benfleet Running Club					43
3	Thomas Wood	Braintree & District AC	16	43	Fred Walton	Colchester & Tendring AC					55
4	Harry Lewis	Basildon AC	22	44	Liam Keevil	Basildon AC	17:				44
5	Arthur Ansell	Orion Harriers	23	45	Oliver Shead	Havering AC					55
6	Shane Hart	Havering AC	23	46	Bailey Hartman	Benfleet Running Club	18:				10
7	Frank Lewis	Basildon AC	30								
8	Matthew Hick	Ilford AC	35								
9	Luca McGrath	Cambridge & Coleridge AC	39								
10	Lawrence Martin	Chelmsford AC	56								
11	Daniel Zailer-Fletcher	Cambridge & Coleridge AC	57								
12	Thomas Peacock	Thurrock Harriers	13: 08								
13	Jack Edwards	Basildon AC	12								
14	Cassidy Dyke	Thurrock Harriers	13								
15	Jacob Alexander	Chelmsford AC	16								
16	Henry Ansell	Orion Harriers	20								
17	Harrison Thorpe	Basildon AC	26								
18	Alex Hawney	Basildon AC	27								
19	Alistair Moscuza	Braintree & District AC	00								
20	Alexander Milkowski	Harlow AC	38								
21	Cooper Mills	Chelmsford AC	44								
22	Onyekachukwu Okoh	Chelmsford AC	57								
23	Alex Kerr	Havering AC	14: 01								
24	Noah Trencher	Thurrock Harriers	04								
25	Harry Elgar	Southend-on-Sea AC	06								
26	Ryan McCarthy	Havering AC	08								
27	Henry Champion	Southend-on-Sea AC	09								
28	Charlie Parmenter	Colchester Harriers AC	14								
29	Eddie De Souza	Orion Harriers	22								
30	Jack Warren	Thurrock Harriers	23								
31	Jonathan Pearson	Havering AC	24								
32	Harry Tobin	Thurrock Harriers	25								
33	Azuka Okoh	Chelmsford AC	27								
34	Dominic Gal	Southend-on-Sea AC	32								
35	Joshua Lee-Prime	Havering AC	37								
36	Matthew Collins	Southend-on-Sea AC	39								
37	Jack Rushworth	Harlow AC	42								
38	Max Robbins	Havering AC	43								
39	James Tudor	Havering AC	43								
40	Owen Keen	Orion Harriers	15: 07								

<b>Teams</b>		
1	Basildon AC	41
2	Havering AC	56
3	Chelmsford AC	68
4	Thurrock Harriers	80
5	Orion Harriers	90
6	Southend-on-Sea AC	122
7	Cambridge & Coleridge AC	20 (2)
8	Braintree & District AC	22 (2)
9	Colchester & Tendring AC	45 (2)
10	Harlow AC	57 (2)
11	Benfleet Running Club	88 (2)
12	Ilford AC	8 (1)
13	Colchester Harriers AC	28 (1)

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<u>Basildon</u>		<u>U15 Girls</u>	<u>10/02/2018</u>		
Pos	Name	Team	Time		
1	Megan Harris	Basildon AC	15: 37		
2	Sydney Foley	Havering AC	42		
3	Matilda Taylor	Cambridge & Coleridge AC	16: 07		
4	Milly Presland	Colchester Harriers AC	14		
5	Madison Harris	Basildon AC	27		
6	Sophie Wetheridge	Basildon AC	29		
7	Martha Smith	Chelmsford AC	31		
8	Lauryn Wood	Chelmsford AC	17: 01		
9	Millie Robson	Cambridge & Coleridge AC	03		
10	Hannah Bolton	Chelmsford AC	05		
11	Alice Brown	Havering AC	10		
12	Keirra Scott	Basildon AC	16		
13	Daizy Harris	Basildon AC	23		
14	Faye Sweeting	Chelmsford AC	26		
15	Sasha Clark	Cambridge & Coleridge AC	18: 11		
16	Somma Aitamarri	Basildon AC	17		
17	Madeleine Claydon	Colchester Harriers AC	19		
18	Isabel Judd	Basildon AC	20		
19	Maddie Piron	Harlow AC	26		
20	Sasha Whiley	Chelmsford AC	31		
21	Hannah Peacock	Thurrock Harriers	35		
22	Annie Grannell	Havering AC	35		
23	Morgan Romain	Havering AC	36		
24	Grace Malcolm	Harlow AC	40		
25	Hollie Rex	Basildon AC	44		
26	Esme Robb	Chelmsford AC	48		
27	Alice Atkins	Havering AC	49		
28	Kennedy Beardwell	Thurrock Harriers	50		
29	Lois Hale	Harlow AC	55		
30	Rebecca O'Rourke	Havering AC	19: 22		
31	Katie Brazier	Chelmsford AC	40		
32	Freya Hudson	Basildon AC	51		
33	Amy Thompson	Colchester & Tendring AC	20: 09		
34	Hannah Phipps	Basildon AC	24		
35	Eve Smith	Orion Harriers	35		
36	Mairi Malcolm	Harlow AC	23: 02		
				<b>Teams</b>	
				1 Basildon AC	24
				2 Chelmsford AC	39
				3 Havering AC	58
				4 Harlow AC	108
				5 Cambridge & Coleridge AC	27 (3)
				6 Colchester Harriers AC	21 (2)
				7 Thurrock Harriers	49 (2)
				8 Colchester & Tendring AC	33 (1)
				9 Orion Harriers	35 (1)

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## Essex Cross Country League (4)

<u>Basildon</u>		<u>U15 Boys</u>	<u>10/02/2018</u>	
Pos	Name	Team	Time	
1	Finnlay Lowe	Thurrock Harriers	14:	39
2	Jamie Rashbrook	Basildon AC		48
3	Ethan Reilly	Chelmsford AC	15:	03
4	Harry Jackson	Basildon AC		07
5	Matthew Magin	Cambridge & Coleridge AC		09
6	Harry Clarke	Chelmsford AC		09
7	Harry Ladd	Chelmsford AC		13
8	Matthew Warner	Southend-on-Sea AC		26
9	Aaron Davis	Chelmsford AC		30
10	Alex Ford	Havering AC		34
11	Nathan Boase	Orion Harriers		36
12	George Hey	Southend-on-Sea AC		46
13	Daniel Edwards	Basildon AC		51
14	Henry Jones	Orion Harriers		58
15	Henry Lay	Havering AC	16:	06
16	Archie Conners	Benfleet Running Club		08
17	Dylan Harrod	Thurrock Harriers		10
18	Samuel Waite	Chelmsford AC		24
19	James Lee	Basildon AC		29
20	Joshua Smith	Basildon AC		33
21	Jamie Mark	Southend-on-Sea AC		42
22	Alastair Cowley	Basildon AC		43
23	Matthew Pinney	Cambridge & Coleridge AC		57
24	Luke Chester	Havering AC	17:	10
25	Kyle Gill	East Essex Triathlon Club		19
26	William Samuels	Southend-on-Sea AC	18:	02
27	Sameul Odotei	Havering AC		03
28	Timi McDaniel	Havering AC		10
29	Jake Oulds	Basildon AC		24
30	James Bartlett	Havering AC		35
31	Joseph Watts	Orion Harriers	20:	11
32	Ethan Georgeson-Mosedale	Orion Harriers		31

  

<b>Teams</b>		
1	Chelmsford AC	25
2	Basildon AC	38
3	Southend-on-Sea AC	67
4	Havering AC	76
5	Orion Harriers	88
6	Thurrock Harriers	18 (2)
7	Cambridge & Coleridge AC	28 (2)
8	Benfleet Running Club	16 (1)
9	East Essex Triathlon Club	25 (1)

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## Essex Cross Country League (4)

<u>Basildon</u>		<u>U17/20 Women</u>	<u>10/02/2018</u>	
Pos	Age	Name	Team	Time
1	U17	Kate O'Neill	Havering AC	19: 40
2	U20	Rachel Broome	Chelmsford AC	20: 02
3	U20	Sinead Clark	Benfleet Running Club	45
4	U17	Beth Irving	Cambridge & Coleridge AC	46
5	U17	Grace Goodall	Benfleet Running Club	21: 26
6	U17	Abby Rex	Basildon AC	34
7	U17	Hayley Instance	Thurrock Harriers	37
8	U17	Beth Ashley	Basildon AC	50
9	U17	Jenna Williams	Southend-on-Sea AC	22: 31
10	U20	Ellen Williams	Southend-on-Sea AC	23: 28
11	U17	Catherine Barker	Havering AC	25: 12
12	U17	Maia Grundy	Basildon AC	20
13	U17	Lucie Ball	Thurrock Harriers	26: 11
14	U17	Amelia Daniel	Basildon AC	27: 12
15	U17	Genevieve Pate	Benfleet Running Club	26
16	U20	Angelica Thomson	Havering AC	28: 19

### Teams

1	Basildon AC	40
2	Benfleet Running Club	23 (3)
3	Havering AC	28 (3)
4	Southend-on-Sea AC	19 (2)
5	Thurrock Harriers	20 (2)
6	Chelmsford AC	2 (1)
7	Cambridge & Coleridge AC	4 (1)

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## Essex Cross Country League (4)

<u>Basildon</u>		<u>U17 Men</u>	<u>10/02/2018</u>
Pos	Name	Team	Time
1	Joseph Trim	East Essex Triathlon Club	21: 06
2	Sam Norris	Southend-on-Sea AC	07
3	Sarab Dhillon	Thurrock Harriers	11
4	Taylor Newell	Thurrock Harriers	19
5	Ben Prior	Thurrock Harriers	39
6	Josh Metson	East Essex Triathlon Club	46
7	Luke Savage	Basildon AC	46
8	Danny Millward	Colchester Harriers AC	22: 07
9	Luke Gill	East Essex Triathlon Club	10
10	Sam Wheatley	Southend-on-Sea AC	26
11	Zack Bridgeland	Chelmsford AC	29
12	George Hill	Basildon AC	51
13	Alex Williamson	Colchester Harriers AC	59
14	Alex Friend	Havering AC	23: 08
15	William Lynes	Braintree & District AC	16
16	Matthew Houchell	Basildon AC	27
17	Brian Wong	Thurrock Harriers	31
18	William Jones	Orion Harriers	34
19	Clayton Thomas	East Essex Triathlon Club	24: 23
20	Ethan Douglass	Benfleet Running Club	24
21	George Applewhite	Basildon AC	24
22	Henri Willett	Thurrock Harriers	25: 19
23	Elijah Brown	Southend-on-Sea AC	50

<b>Teams</b>	
1	Thurrock Harriers 29
2	East Essex Triathlon Club 35
3	Basildon AC 56
4	Southend-on-Sea AC 35 (3)
5	Colchester Harriers AC 21 (2)
6	Chelmsford AC 11 (1)
7	Havering AC 14 (1)
8	Braintree & District AC 15 (1)
9	Orion Harriers 18 (1)
10	Benfleet Running Club 20 (1)

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Essex Cross Country League (4)

<u>Basildon</u>			<u>Senior Women</u>	<u>10/02/2018</u>	
Pos	Age	Name	Team	Time	Division 1 Teams (4 to score)
1	SW	Lucy Charles	Orion Harriers	22: 32	1 Orion Harriers 29
2	SW	Clare Thurgood	Orion Harriers	23: 20	2 Chelmsford AC 33
3	SW	Rebecca Frake	Cambridge & Coleridge AC	: 22	3 Havering AC 54
4	V35	Rebecca Luxton	Chelmsford AC	: 48	4 Colchester Harriers AC 61
5	SW	Alexa Joel	Chelmsford AC	: 55	5 Southend-on-Sea AC 78
6	SW	Charlotte Bishop	Basildon AC	24: 17	6 Basildon AC 105
7	SW	Ginte Bailey	Havering AC	: 33	7 Thrift Green Trotters 179
8	V45	Debbie Appleton	Havering AC	25: 01	8 Billericay Striders RC 214
9	V45	Wendy King	Chelmsford AC	: 06	9 Springfield Striders RC 216
10	SW	Hayley Lamkin	Southend-on-Sea AC	: 14	10 Halstead RR 258
11	SW	Andrea James	Colchester Harriers AC	: 38	11 Benfleet Running Club 188 (3)
12	V35	Hayley Rogerson	Orion Harriers	: 46	12 Cambridge & Coleridge AC 3 (1)
13	V45	Denise Morley	Colchester Harriers AC	: 56	
14	SW	Holly Wood	Orion Harriers	26: 01	<b>Division 2 Teams (4 to score)</b>
15	SW	Hayley Pegg	Chelmsford AC	: 06	1 Grange Farm & Dunmow Runr 118
16	SW	Ella Neale	Colchester Harriers AC	: 12	2 Ilford AC 221
17	SW	Holly Gillard	Southend-on-Sea AC	: 18	3 Phoenix Striders 273
18	V50	Caroline Horden	Basildon AC	: 21	4 JBR Run and Tri 348
19	SW	Isabella Woods	Havering AC	: 00	5 Pitsea Running Club 373
20	SW	Clare Davies	Havering AC	: 39	6 East Essex Triathlon Club 167 (3)
21	V35	Ellie Cumner	Colchester Harriers AC	: 41	7 Tiptree Road Runners 238 (3)
22	SW	Rebecca Davidson	Grange Farm & Dunmow Runners	: 51	8 Loughton AC 238 (3)
23	V45	Alison Trauttmansdorff	Orion Harriers	27: 02	9 Thurrock Harriers 107 (2)
24	V40	Hannah McIlvenna	Grange Farm & Dunmow Runners	: 02	10 Mid Essex Casuals 187 (2)
25	SW	Sarah Pennington	Southend-on-Sea AC	: 04	<b>Veterans Teams (3 to score)</b>
26	V45	Anne Jenkinson	Southend-on-Sea AC	: 14	1 Colchester Harriers AC 65
27	V35	Louise Douglass	Basildon AC	: 20	2 Orion Harriers 69
28	V40	Kathleen Short	Thrift Green Trotters	: 25	3 Basildon AC 99
29	V35	Jennie Page	East Essex Triathlon Club	: 28	4 Grange Farm & Dunmow Runr 108
30	V35	Danielle Harrington	Tiptree Road Runners	: 38	5 Chelmsford AC 115
31	V50	Debbie Cattermole	Colchester Harriers AC	: 39	6 Thrift Green Trotters 130
32	V40	Kerry Harrington	Grange Farm & Dunmow Runners	: 44	7 Springfield Striders RC 146
33	V40	Polly Bridgman	Springfield Striders RC	: 00	8 Billericay Striders RC 150
34	V40	Lorraine Gosling	Orion Harriers	28: 10	9 Southend-on-Sea AC 152
35	V35	Kathryn Spring	Thurrock Harriers	: 15	10 Havering AC 153
36	V35	Rachael Roughan	Halstead RR	: 17	11 East Essex Triathlon Club 167
37	V35	Liz Chandra	Billericay Striders RC	: 26	12 Halstead RR 169
38	V40	Rebecca Gill	East Essex Triathlon Club	: 26	13 Benfleet Running Club 188
39	V50	Lorna Gaffney	Loughton AC	: 30	14 Ilford AC 208
40	SW	Karen Pickering	Grange Farm & Dunmow Runners	: 37	15 Phoenix Striders 220
41	V50	Pippa Dowswell	Orion Harriers	: 37	16 Tiptree Road Runners 238
42	SW	Jo Marks	Colchester Harriers AC	: 51	17 Loughton AC 238
43	SW	Carlie Qirem	Ilford AC	: 57	18 Pitsea Running Club 275
44	V50	Vanessa Mathers	Southend-on-Sea AC	: 59	19 JBR Run and Tri 157 (2)
45	SW	Rachel Dale	Colchester Harriers AC	29: 07	20 Mid Essex Casuals 187 (2)
					21 Thurrock Harriers 35 (1)

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Pos	Age	Name	Team	Time
46	V50	Nikki Ranson	Springfield Striders RC	: 11
47	V40	Marijke Van Eetvelde	Thrift Green Trotters	: 16
48	V55	Nicola Hopkinson	Ilford AC	: 29
49	SW	Amy Gornall	Thrift Green Trotters	: 34
50	V45	Nikki Leigh	Benfleet Running Club	: 54
51	V35	Clare Worley	Billericay Striders RC	30: 02
52	V45	Brady Ramsay	Grange Farm & Dunmow Runners	: 14
53	SW	Catherine Campbell	Phoenix Striders	: 15
54	V45	Mandy Wetheridge	Basildon AC	: 17
55	V45	Mary Lloyd	Thrift Green Trotters	: 21
56	SW	Laura Scott	Basildon AC	: 25
57	V35	Mary Bower	Thrift Green Trotters	: 26
58	V45	Kelly McClenaghan	Benfleet Running Club	: 33
59	SW	Carla Rudd	Grange Farm & Dunmow Runners	: 42
60	V40	Clare Hills	Thrift Green Trotters	: 43
61	V60	Breege Nordin	Ilford AC	: 45
62	V40	Ruth Havis	Billericay Striders RC	: 55
63	V45	Louise Young	JBR Run and Tri	: 57
64	V45	Joanne Ling	Billericay Striders RC	: 58
65	V35	Anna Bambridge	Halstead RR	31: 07
66	V50	Jo Pearce	Phoenix Striders	: 15
67	V65	Lynn Tanner	Springfield Striders RC	: 39
68	V50	Wendy Carter	Halstead RR	: 48
69	SW	Anna Crawley	Ilford AC	: 50
70	V40	Sharon Bannister	Springfield Striders RC	: 53
71	V50	Jane Hallam	Havering AC	: 57
72	SW	Charlotte Edwards	Thurrock Harriers	32: 00
73	V35	Jessica Wicks	Thrift Green Trotters	: 02
74	V50	Juliet Ward	Havering AC	: 06
75	V55	Beryl De Smedt	Phoenix Striders	: 15
76	V65	Wendy Read	Billericay Striders RC	: 21
77	V55	Elaine Tribley	Springfield Striders RC	: 26
78	V50	Prunella Hayhow	Grange Farm & Dunmow Runners	: 49
79	V50	Lynsey Gray	Phoenix Striders	: 52
80	V50	Annette Johnson	Benfleet Running Club	: 53
81	V45	Shona Browning	Billericay Striders RC	33: 04
82	V45	Debbielyn Hallam	Southend-on-Sea AC	: 15
83	V50	Lorna Pettifer	Mid Essex Casuals	: 30
84	SW	Vicki Calleja	Thrift Green Trotters	: 36
85	V35	Elizabeth Cox	Phoenix Striders	: 47
86	V40	Angela Smith	Pitsea Running Club	: 49
87	V50	Maxine Seward	Grange Farm & Dunmow Runners	: 54
88	V35	Emily Penkett	Springfield Striders RC	34: 01
89	V45	Nicole Smith	Halstead RR	: 02
90	SW	Grace Reeman	Phoenix Striders	: 10

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<b>Pos</b>	<b>Age</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>
91	V65	Jean Hobbs	Loughton AC	: 16
92	V65	Caroline Cogdell	Pitsea Running Club	: 35
93	V40	Clare Rudgley	Havering AC	: 52
94	V40	Stephanie Milligan	JBR Run and Tri	35: 03
95	SW	Sasha Tourbassora	JBR Run and Tri	: 24
96	SW	Hannah Bardell	JBR Run and Tri	: 40
97	V60	Gillian Harrison	Pitsea Running Club	: 45
98	V55	Marion Breeze	Pitsea Running Club	: 49
99	V50	Frieda Keane	Ilford AC	: 56
100	V65	Theresa Flannigan	East Essex Triathlon Club	36: 08
101	V35	Ann-Marie Bearne	Tiptree Road Runners	: 39
102	V55	Tracey Minton	Chelmsford AC	: 56
103	V45	Nicola Maslen	Phoenix Striders	37: 09
104	V50	Jackie Sibthorp	Mid Essex Casuals	: 18
105	V55	Jackie M Woodroffe	Thrift Green Trotters	: 44
106	V40	Louise Garrett	Grange Farm & Dunmow Runners	: 49
107	V50	Sharon Hardwicke	Tiptree Road Runners	38: 13
108	V50	Michaela Davis	Loughton AC	39: 02
109	V50	Launa Broadley	Ilford AC	: 46
110	SW	Kirsty Noble	Phoenix Striders	44: 03
111	V50	Nicola Burston	Phoenix Striders	: 05

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Essex Cross Country League (4)

<u>Basildon</u>					<u>Senior Men</u>	<u>10/02/2018</u>		
Pos	Age	Name	Team	Time	Division 1 Teams (6 to score)			
1	U20	Ben Davis	Havering AC	27: 54	1	Havering AC	46	
2	SM	Grant Twist	Havering AC	28: 10	2	Orion Harriers	139	
3	SM	Ryan Prout	Thrift Green Trotters	: 28	3	Ilford AC	225	
4	SM	Rob Warner	Havering AC	: 38	4	Southend-on-Sea AC	246	
5	U20	George Day	Orion Harriers	29: 28	5	Colchester Harriers AC	268	
6	SM	Ed Mitchell	Colchester Harriers AC	: 37	6	Benfleet Running Club	279	
7	SM	Alex Richards	Ilford AC	: 47	7	Springfield Striders RC	293	
8	V40	Lee Taylor	Southend-on-Sea AC	: 55	8	Thurrock Harriers	325	
9	SM	Paul Grange	Havering AC	: 56	9	Chelmsford AC	532	
10	U20	James Stewart	Havering AC	: 57	10	Cambridge & Coleridge AC	38	(2)
11	SM	Tom Gardner	Ilford AC	30: 02	11	Halstead RR	174	(2)
12	U20	Brandon Thorpe	Basildon AC	: 07	12	Basildon AC	177	(2)
13	SM	Rhys Gillard	Southend-on-Sea AC	: 10	<b>Division 2 Teams (6 score)</b>			
14	U20	Max Williams	Cambridge & Coleridge AC	: 15	1	Thrift Green Trotters	383	
15	SM	Alec Finch	Thurrock Harriers	: 16	2	Billericay Striders RC	493	
16	SM	James Smith	Springfield Striders RC	: 24	3	Grange Farm & Dunmow Runr	530	
17	SM	Alex Manton	Springfield Striders RC	: 32	4	Tiptree Road Runners	800	
18	V40	Malcolm Muir	Ilford AC	: 34	5	Phoenix Striders	850	
19	SM	Brian Jenkins	Orion Harriers	: 38	6	JBR Run and Tri	855	
20	V45	Steve Rand	Havering AC	: 39	7	Mid Essex Casuals	865	
21	SM	Reece Barclay	Orion Harriers	: 41	8	Pitsea Running Club	882	
22	SM	Alfie Waitthaka	Havering AC	: 48	9	Witham Running Club	688	(5)
23	SM	Lee Baynton	Benfleet Running Club	: 51	10	Braintree & District AC	114	(2)
24	SM	Richard Park	Cambridge & Coleridge AC	: 57	11	East Essex Triathlon Club	222	(2)
25	SM	Kurtis Swan	Billericay Striders RC	31: 02	12	Loughton AC	230	(2)
26	V40	Jason Lendon	Havering AC	: 05	<b>Veteran Team Result (4 to score)</b>			
27	V50	Matthew Bland	Havering AC	: 12	1	Havering AC	161	
28	SM	John Whitehead	Havering AC	: 18	2	Benfleet Running Club	172	
29	SM	Ben Hall	Orion Harriers	: 25	3	Orion Harriers	213	
30	V45	Adam Baker	Orion Harriers	: 30	4	Colchester Harriers AC	249	
31	U20	Oscar Dawson	Colchester Harriers AC	: 34	5	Ilford AC	297	
32	SM	Chris Hatton	Southend-on-Sea AC	: 36	6	Springfield Striders RC	297	
33	SM	Barry Smith	Havering AC	: 38	7	Thrift Green Trotters	301	
34	SM	Lee Pickering	Grange Farm & Dunmow Runr	: 39	8	Thurrock Harriers	309	
35	V50	Colin Read	Orion Harriers	: 40	9	Southend-on-Sea AC	319	
36	V45	Andrew Low	Benfleet Running Club	: 43	10	Chelmsford AC	327	
37	SM	Matt Bainbridge	Grange Farm & Dunmow Runr	: 44	11	Billericay Striders RC	430	
38	SM	Chris O'Hara	Billericay Striders RC	: 45	12	Mid Essex Casuals	513	
39	SM	Patrick Walsh	Southend-on-Sea AC	: 55	13	Tiptree Road Runners	523	
40	V45	Lee Martin	Springfield Striders RC	32: 06	14	Witham Running Club	524	
41	V50	John Barker	Thrift Green Trotters	: 08	15	Grange Farm & Dunmow Runr	532	
42	V45	Scott Rice	Thurrock Harriers	: 14	16	JBR Run and Tri	591	
43	V40	Paul Ruffly	Benfleet Running Club	: 16	17	Phoenix Striders	619	
44	V45	Graham Booty	Benfleet Running Club	: 18	18	Pitsea Running Club	649	
45	SM	Peter Fairlamb	Orion Harriers	: 19	19	Loughton AC	230	(2)
46	SM	Jack Morris	Pitsea Running Club	: 20	20	East Essex Triathlon Club	125	(1)
47	V45	Robin Tubbs	Chelmsford AC	: 21	21	Basildon AC	165	(1)
48	V55	Colin Ridley	Colchester Harriers AC	: 27				
49	V45	Terry Spooner	Benfleet Running Club	: 34				
50	V50	Steve Philcox	Ilford AC	: 36				
51	V45	Gary Coombes	Guest	: 38				
52	SM	Shawn Brown	Thurrock Harriers	: 39				
53	U20	Joe Logan	Thurrock Harriers	: 48				
54	U20	Joshua Mulley	Braintree & District AC	33: 01				
55	SM	Alex Sales	Colchester Harriers AC	: 06				

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Pos	Age	Name	Team	Time
56	SM	Wesley Atkins	Halstead RR	: 07
57	V40	Stuart Raven	Springfield Striders RC	: 08
58	U20	Ewan Harlow	Havering AC	: 12
59	SM	Ewan McFarlane	Phoenix Striders	: 17
60	U20	Conor Culham	Braintree & District AC	: 19
61	V50	Alec Kyriakides	Southend-on-Sea AC	: 20
62	V40	Paul Rodgers	Colchester Harriers AC	: 27
63	V55	Michael Bridgeland	Chelmsford AC	: 35
64	U20	Kieran O'Hara	Havering AC	: 39
65	SM	Sebastian Parris	Ilford AC	: 41
66	SM	Gavin Scanlan	Colchester Harriers AC	: 45
67	V50	Peter West	Colchester Harriers AC	: 46
68	U20	Lewis Debenham	Havering AC	: 47
69	V40	Keith Willett	Thurrock Harriers	: 53
70	V40	Peter Barrett	Thrift Green Trotters	: 54
71	SM	Freddy Keefe	Havering AC	: 57
72	V50	Richard Flutter	Colchester Harriers AC	: 58
73	V45	Adrian Smith	Orion Harriers	34: 14
74	SM	John Crawley	Ilford AC	: 18
75	V45	Glen Gosling	Orion Harriers	: 22
76	V50	Leo Cole	Witham Running Club	: 27
77	SM	Richard Waters	Chelmsford AC	: 32
78	V40	Paul Preston	Colchester Harriers AC	: 35
79	SM	David Doel	Thrift Green Trotters	: 40
80	V50	Robin McCoy	Springfield Striders RC	: 49
81	SM	Daniel Reynolds	Grange Farm & Dunmow Runr	35: 00
82	V40	Jon Whitehouse	Loughton AC	: 07
83	SM	Gary Robinson	Springfield Striders RC	: 18
84	V50	Alan Clark	Benfleet Running Club	: 19
85	SM	Dave Pennington	JBR Run and Tri	: 23
86	V60	David Butler	Billericay Striders RC	: 24
87	V50	James Haskey-Jones	Tiptree Road Runners	: 26
88	V45	Martin Chester	Havering AC	: 27
89	SM	Robert Smith	Colchester Harriers AC	: 28
90	V50	Keith Thornton	Thrift Green Trotters	: 29
91	V45	Richard Bonham	Mid Essex Casuals	: 30
92	V55	Nick Rankin	Benfleet Running Club	: 31
93	SM	Thomas Walsh	Southend-on-Sea AC	: 33
94	SM	Tim Martin	Thurrock Harriers	: 38
95	V55	Peter Tullett	Chelmsford AC	: 47
96	V55	Eamonn Shelley	Thurrock Harriers	: 58
97	SM	Christian Gray	East Essex Triathlon Club	36: 08
98	V50	Kevin Marshall	Grange Farm & Dunmow Runr	: 19
99	SM	Tim Freeland	Orion Harriers	: 44
100	V55	Phil Olsen	Thrift Green Trotters	: 51
101	V40	Steve Walker	Havering AC	37: 3
102	V55	Christopher Applegate	Thurrock Harriers	: 7
103	V50	Colin White	Billericay Striders RC	: 18
104	V45	Ian Pike	Benfleet Running Club	: 31
105	V55	Doug Stephens	Benfleet Running Club	: 41
106	V50	Simon Morgan	Colchester Harriers AC	: 42
107	V50	Murat Baygeldi	Thrift Green Trotters	: 42
108	V40	Steven Ball	Thurrock Harriers	: 52
109	V40	Nick Jelley	Billericay Striders RC	38: 6
110	V70	Peter Binns	Southend-on-Sea AC	: 10

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Pos	Age	Name	Team	Time
111	V40	Lee Whieldon	Benfleet Running Club	: 18
112	V40	Dennis Briggs	Ilford AC	: 19
113	V40	Paul Mitchell	Thurrock Harriers	: 19
114	V45	Stephen Bennett	Orion Harriers	: 28
115	V50	Daniel Ward	Thrift Green Trotters	: 30
116	V40	Roy James	Havering AC	: 33
117	V60	Andy Catton	Ilford AC	: 43
118	SM	Jon Greenley	Halstead RR	: 44
119	V50	Lee Hazlewood	Phoenix Striders	: 45
120	V55	Mark Jeffrey	Springfield Striders RC	: 49
121	V45	Mark Lawes	Tiptree Road Runners	: 56
122	V55	Andrew Stewart	Chelmsford AC	: 58
123	V65	Mike Bumstead	Thurrock Harriers	39: 00
124	V55	Stephen Burton	Benfleet Running Club	: 03
125	V60	Ian Gill	East Essex Triathlon Club	: 06
126	V60	Tim Brockington	Springfield Striders RC	: 11
127	V50	Rob Moore	Orion Harriers	: 14
128	V45	Steve Grainger	Chelmsford AC	: 17
129	V60	Bill Bennett	Orion Harriers	: 18
130	V50	Andy Hawes	JBR Run and Tri	: 23
131	V50	Greg Wiskin	Mid Essex Casuals	: 51
132	V55	Stephen Foggo	Billericay Striders RC	: 53
133	SM	William Radley	Tiptree Road Runners	: 59
134	V50	Dave Hallett	JBR Run and Tri	40: 03
135	SM	Greg Goodrem	Southend-on-Sea AC	: 04
136	V45	Phil Watts	Springfield Striders RC	: 13
137	SM	Ben Whatley-Harris	Thrift Green Trotters	: 23
138	V50	John Sweeney	Mid Essex Casuals	: 29
139	V55	Ian Lawson	Grange Farm & Dunmow Runr	: 32
140	V45	Matthew Gillard	Southend-on-Sea AC	: 54
141	V40	Ashwin Shah	Grange Farm & Dunmow Runr	41: 06
142	V60	Mark Austin	Witham Running Club	: 12
143	V45	Bill Smythe	Witham Running Club	: 14
144	SM	Ben Clover	Tiptree Road Runners	: 16
145	V50	Stephen Cheal	Ilford AC	: 17
146	SM	Tony Collins	Havering AC	: 18
147	V45	Robert Smith	Pitsea Running Club	: 19
148	V40	Trevor Robinson	Loughton AC	: 21
149	V60	Bernard Johnson	Thurrock Harriers	: 27
150	SM	Grant Corton	Orion Harriers	: 29
151	V55	Kevin Kirby	Chelmsford AC	: 31
152	V55	Paul Williams	Orion Harriers	: 34
153	V40	Colin Dunn	Mid Essex Casuals	: 35
154	V55	Lee Prowse	Grange Farm & Dunmow Runr	: 40
155	V40	Gary Perryman	Tiptree Road Runners	: 45
156	V50	Phillip Young	JBR Run and Tri	: 51
157	V60	Donald Sinclair	Pitsea Running Club	: 58
158	V45	Richard Harmer	Thrift Green Trotters	42: 03
159	V50	Colin Wilkinson	Phoenix Striders	: 04
160	V60	Edward Skinner	Tiptree Road Runners	: 30
161	V50	Neal Clark	Phoenix Striders	: 38
162	SM	Rob Hempstead	Billericay Striders RC	: 50
163	V60	David Jobling	Witham Running Club	: 53
164	V60	Graham Eyre	Witham Running Club	43: 00
165	V50	Rhys Davies	Basildon AC	: 07

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<b>Pos</b>	<b>Age</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>
166	V50	Billy Green	Ilford AC	: 51
167	V50	Graham Hall	Orion Harriers	: 54
168	V60	Kevin Judge	Benfleet Running Club	44: 05
169	V70	Roger Everard	Pitsea Running Club	: 08
170	U20	Aidan Elmore	Havering AC	: 25
171	V50	Clive Bailey	JBR Run and Tri	: 33
172	SM	William Holman	Phoenix Striders	: 50
173	V45	Nick Vincent	Tiptree Road Runners	: 55
174	V55	Paul R Tawn	Mid Essex Casuals	45: 30
175	V50	Ricky Lee	Billericay Striders RC	46: 08
176	V50	Ingo Dierkschneider	Pitsea Running Club	: 19
177	V50	Julian Holder	Tiptree Road Runners	47: 03
178	V65	Brian Butcher	Mid Essex Casuals	: 31
179	V45	Jon Brown	JBR Run and Tri	48: 05
180	V60	Kim Vinnicombe	Phoenix Striders	: 06
181	V55	Satha Alaganandasundaram	Ilford AC	: 50
182	V55	John Wilkinson	Phoenix Striders	49: 29
183	V45	Sean Collinson	JBR Run and Tri	: 32
184	V65	David Game	Mid Essex Casuals	51: 52
185	V50	Duncan Russell	Phoenix Striders	52: 23
186	V55	Stephen Williams	Chelmsford AC	53: 46
187	V65	Peter Bates	Pitsea Running Club	54: 33
188	V60	Peter McLaughlin	Pitsea Running Club	61: 33

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