

Individual positions after final fixture

Pos	Cat	Athlete	Team	Pts	Best 4 scores
1	U13 G	Kiera-Jayne Atkinson	Chelmsford AC	10	
2	U13 G	Holly Watson	Chelmsford AC	15	
3	U13 G	Kayleigh Atkinson	Chelmsford AC	16	
4	U13 G	Ruby Higgins	Havering AC	20	
5	U13 G	Matilda Canty	Havering AC	21	
6	U13 G	Alice Bower	Chelmsford AC	31	
7	U13 G	Millie Costin	Basildon AC	35	
8	U13 G	Amelia King	Chelmsford AC	43	
9	U13 G	Hannah Evans	Havering AC	46	
10	U13 G	Sophie Foot	Orion Harriers	52	
11	U13 G	Charlotte Evans	Havering AC	55	
12	U13 G	Sophie Cottam	Chelmsford AC	66	
13	U13 G	Mia Bowring	Chelmsford AC	73	
14	U13 G	Katie Lee	Harlow AC	74	
15	U13 G	Liliana Taylor	Southend-on-Sea AC	82	
16	U13 G	Olivia Higgs	Thurrock Harriers	113	
17	U13 G	Maya Farrow	Southend-on-Sea AC	136	

Pos	Cat	Athlete	Team	Pts	Best 4 scores
1	U13 B	Will Steadman	Chelmsford AC	8	
2	U13 B	Henry Dover	Colchester & Tendring /	9	
3	U13 B	Oliver Prince	Braintree & District AC	20	
4	U13 B	Tom Wood	Chelmsford AC	25	
5	U13 B	Ryan Carroll	Havering AC	28	
6	U13 B	Nathan Hart	Havering AC	42	
7	U13 B	Charlie Burgess	Havering AC	46	
8	U13 B	Greg Martin	Chelmsford AC	53	
9	U13 B	Thomas Peacock	Thurrock Harriers	54	
10	U13 B	James Brigstocke-William	Colchester & Tendring /	56	
11	U13 B	Hugo Jones	Southend-on-Sea AC	60	
12	U13 B	Lawrence Martin	Chelmsford AC	66	
13	U13 B	McKinley Gall	Southend-on-Sea AC	67	
14	U13 B	Finley Wolton	Havering AC	75	
15	U13 B	Lennon McKenzie	Braintree & District AC	83	
16	U13 B	Sebastian Alexandru	Havering AC	90	
17	U13 B	Harry Champion	Southend-on-Sea AC	93	
18	U13 B	Lewis Waite	Chelmsford AC	120	
19	U13 B	Stanley Hobbs	Colchester & Tendring /	125	
19	U13 B	Charlie Parmenter	Colchester Harriers AC	125	
21	U13 B	Benedict Heath	Benfleet Running Club	130	
22	U13 B	Matthew Collins	Southend-on-Sea AC	151	
23	U13 B	Ollie Connors	Benfleet Running Club	163	
24	U13 B	Harry Elgar	Southend-on-Sea AC	168	
25	U13 B	Daniel Elgar	Southend-on-Sea AC	194	

Individual positions after final fixture

Pos	Cat	Athlete	Team	Pts	Best 4 scores
1	U15 G	Megan Harris	Basildon AC	5	
2	U15 G	Demi Eves	Thurrock Harriers	9	
3	U15 G	Madison Harris	Basildon AC	13	
4	U15 G	Milly Presland	Colchester Harriers AC	14	
5	U15 G	Maisy Silverstone	Orion Harriers	25	
6	U15 G	Freya Seymour	Basildon AC	31	
7	U15 G	Jayne Elvin	Thurrock Harriers	34	
8	U15 G	Chloe Trew	Basildon AC	37	
9	U15 G	Madeline Barker	Havering AC	57	
10	U15 G	Ruby Muffett	Southend-on-Sea AC	58	
11	U15 G	Hannah Warner	Southend-on-Sea AC	62	
12	U15 G	Hannah Riley	Basildon AC	63	
12	U15 G	Ruby Samuels	Southend-on-Sea AC	63	
14	U15 G	Madeleine Claydon	Colchester Harriers AC	67	
15	U15 G	Grace Holmes	Southend-on-Sea AC	83	
16	U15 G	Holly Bradley	Havering AC	84	
17	U15 G	Kennedy Beardwell	Thurrock Harriers	86	
18	U15 G	Hannah Yexley	Havering AC	97	
19	U15 G	Rosie Spring	Thurrock Harriers	117	
20	U15 G	Leah Brewer	Thurrock Harriers	119	
21	U15 G	Morgan Romain	Havering AC	131	
21	U15 G	Evie Knight	Basildon AC	131	
23	U15 G	Paige Woodcraft	Chelmsford AC	147	

Pos	Cat	Athlete	Team	Pts	Best 4 scores
1	U15 B	Alex Ford	Havering AC	4	
2	U15 B	Charlie Howell	Havering AC	13	
3	U15 B	Toby Linsell	Basildon AC	17	
4	U15 B	Luke Randall	Southend-on-Sea AC	21	
5	U15 B	Daniel Houchell	Basildon AC	26	
6	U15 B	William Nuttall	Chelmsford AC	44	
7	U15 B	Fred Tall	Southend-on-Sea AC	52	
8	U15 B	Sunny Vehit	Thurrock Harriers	56	
8	U15 B	Shane Hart	Havering AC	56	
10	U15 B	Jay Kelly	Southend-on-Sea AC	60	
11	U15 B	Samuel Waite	Chelmsford AC	63	
12	U15 B	Jacob Alexander	Chelmsford AC	67	
13	U15 B	Joe Muller	Southend-on-Sea AC	82	
14	U15 B	Archie Connors	Benfleet Running Club	87	
15	U15 B	William Samuels	Southend-on-Sea AC	91	
16	U15 B	Matthew Hick	Ilford AC	93	
17	U15 B	Lewis Edwards	Havering AC	106	
18	U15 B	Ryan Holeyman	Ilford AC	107	
19	U15 B	Lenny Houston	Havering AC	108	
19	U15 B	Ronan Longman-Young	Benfleet Running Club	108	
21	U15 B	Jack Thomson	Havering AC	114	
22	U15 B	Noah Trencher	Thurrock Harriers	139	

Individual positions after final fixture

23	U15 B	Owen Keen	Orion Harriers	142
----	-------	-----------	----------------	-----

Individual positions after final fixture

Pos	Cat	Athlete	Team	Pts	Best 4 scores
1	U17W	Grace Burrell	Basildon AC	5	
2	U17W	Hayley Instance	Thurrock Harriers	11	
3	U17W	Sophie Wetheridge	Basildon AC	19	
4	U17W	Martha Smith	Chelmsford AC	19	
5	U17W	Hannah Bolton	Chelmsford AC	33	
6	U17W	Savanna Sirkett	Orion Harriers	53	
7	U17W	Holly Rex	Basildon AC	53	
8	U17W	Faye Sweeting	Chelmsford AC	60	
9	U17W	Robyn Bartholomew	Southend-on-Sea AC	67	
10	U17W	Emily Fall	Thurrock Harriers	72	
11	U17W	Becci Leddy	Orion Harriers	86	

1	U20W	Elsie Gray	Colchester & Tendring /	13	
2	U20W	Grace Goodall	Benfleet Running Club	26	
3	U20W	Jenna Williams	Southend-on-Sea AC	30	
4	U20W	Abby Rex	Basildon AC	37	
5	U20W	Joanna Rimmington	Southend-on-Sea AC	63	
6	U20W	Lucie Ball	Thurrock Harriers	89	

Pos	Cat	Athlete	Team	Pts	Best 4 scores
1	U17M	Zack Bridgeland	Chelmsford AC	5	
2	U17M	Leon Wheeler	Thurrock Harriers	7	
3	U17M	Danny Millward	Colchester Harriers AC	15	
4	U17M	Ben Prior	Thurrock Harriers	18	
5	U17M	Matt Warner	Southend-on-Sea AC	30	
6	U17M	Finnley Lowe	Thurrock Harriers	31	
7	U17M	Sam Wheatley	Southend-on-Sea AC	35	
8	U17M	Innes Fullerton	Braintree & District AC	56	
9	U17M	George Hill	Basildon AC	61	
10	U17M	Bradley Deacon	Ilford AC	62	
11	U17M	James Wright	Basildon AC	65	
12	U17M	Harry Clarke	Chelmsford AC	67	
12	U17M	Aaron Davis	Chelmsford AC	67	
14	U17M	Scott Thomas	Chelmsford AC	70	
15	U17M	Mark Beale	Chelmsford AC	87	
16	U17M	Daniel McGill	Basildon AC	93	
17	U17M	Henri Willett	Thurrock Harriers	96	
18	U17M	Elijah Brown	Southend-on-Sea AC	98	
19	U17M	Haydn Hawkins	Braintree & District AC	106	

Individual positions after final fixture

Pos	Cat	Athlete	Team	Pts	Best 4 scores
1	U20M	Ben Davis	Havering AC	13	
2	U20M	Lewis Harknett	Orion Harriers	20	
3	U20M	George Day	Orion Harriers	33	
4	U20M	Sam Atkins	Havering AC	34	
5	U20M	Sam Norris	Southend-on-Sea AC	66	
6	U20M	Taylor Newell	Thurrock Harriers	73	
7	U20M	James Stewart	Havering AC	75	
8	U20M	Oliver Randall	Southend-on-Sea AC	220	
9	U20M	Conor Culham	Braintree & District AC	233	

Individual positions after final fixture

Pos	Cat	Athlete	Team	Pts	Best 4 scores
1	SW	Sarah Worley	Billericay Striders RC	24	
2	SW	Ginte Bailey	Havering AC	27	
3	SW	Hayley Lamkin	Southend-on-Sea AC	35	
4	SW	Morgan Campbell	Havering AC	38	
5	SW	Rebecca Cooke	Colchester Harriers AC	65	
6	SW	Holly Gillard	Southend-on-Sea AC	67	
7	SW	Sarah Pennington	Southend-on-Sea AC	77	
8	SW	Clare Davies	Havering AC	101	
9	SW	Carlie Qirem	Ilford AC	181	
10	SW	Natasha Pinborough	JBR Run and Tri	202	
11	SW	Sasha Tourbassora	JBR Run and Tri	276	
1	V35/V40	Rebecca Luxton	Chelmsford AC	15	
2	V35/V40	Lindsey Colman	Southend-on-Sea AC	28	
3	V35/V40	Helen Taczynski	Colchester Harriers AC	70	
4	V35/V40	Hayley Rogerson	Orion Harriers	93	
5	V35/V40	Rachael Roughan	Halstead RR	110	
6	V35/V40	Victoria Peacock	Thurrock Harriers	133	
7	V35/V40	Jennie Page	JBR Run and Tri	144	
8	V35/V40	Liane Conners	Benfleet Running Club	216	
9	V35/V40	Ruth Havis	Billericay Striders RC	228	
10	V35/V40	Marzena Ward	Billericay Striders RC	229	
11	V35/V40	Lisa James	Brentwood Running Clu	240	
12	V35/V40	Sarah Lengthorn	Billericay Striders RC	243	
13	V35/V40	Anna Bambridge	Halstead RR	268	
14	V35/V40	Lynsey Hawkins	Braintree & District AC	305	
15	V35/V40	Trica Holmes	Southend-on-Sea AC	345	
16	V35/V40	Kristina Read	Phoenix Striders	368	
1	V45/V50	Debbie Appleton	Havering AC	36	
2	V45/V50	Claire Hall	Grange Farm & Dunmo	48	
3	V45/V50	Denise Morley	Colchester Harriers AC	50	
4	V45/V50	Toni Radley	Thurrock Harriers	96	
5	V45/V50	Alison Trauttmansdorff-\	Orion Harriers	104	
6	V45/V50	Joanne Sullivan	Havering AC	154	
7	V45/V50	Jodie Farrell	Thurrock Harriers	157	
8	V45/V50	Rebecca Taylor	Southend-on-Sea AC	190	
9	V45/V50	Vanessa Mathers	Southend-on-Sea AC	214	
10	V45/V50	Dianne Fairchild	Brentwood Running Clu	228	
11	V45/V50	Donna Hindle	Springfield Striders RC	242	
12	V45/V50	Nikki Leigh	Benfleet Running Club	285	
13	V45/V50	Lorna Pettifer	Mid Essex Casuals	302	
14	V45/V50	Tracy O'Neill	Havering AC	304	
15	V45/V50	Annette Johnson	Benfleet Running Club	352	
16	V45/V50	Caroline Wallis	Pitsea Running Club	389	
17	V45/V50	Heather Impey	Phoenix Striders	403	
18	V45/V50	Michelle Holman	Phoenix Striders	434	

Individual positions after final fixture

1	V55/V60 Breege Nordin	Ilford AC	171
2	V55/V60 Christine Inch	Orion Harriers	229
3	V55/V60 Nicola Hopkinson	Ilford AC	253
4	V55/V60 Elaine Tribley	Springfield Striders RC	308
5	V55/V60 Sharon Honey	Ilford AC	337
6	V55/V60 Theresa Howe	Pitsea Running Club	367
7	V55/V60 Gillian Harrison	Pitsea Running Club	423
1	V65/V70 Lynn Tanner	Springfield Striders RC	308
2	V65/V70 Valerie Sinclair	Pitsea Running Club	397
3	V65/V70 Theresa Flannigan	East Essex Triathlon Clu	433

Individual positions after final fixture

Pos	Cat	Athlete	Team	Pts	Best 4 scores
1	SM	Rob Warner	Havering AC	9	
2	SM	James Buckley-Stanton	Havering AC	23	
3	SM	Alec Finch	Thurrock Harriers	24	
4	SM	Rhys Gillard	Southend-on-Sea AC	43	
5	SM	Paul Grange	Havering AC	65	
6	SM	Tom Gardner	Ilford AC	68	
7	SM	Nathan Filer	Colchester Harriers AC	75	
8	SM	Kurtis Swan	Braintree & District AC	83	
9	SM	James Smith	Halstead RR	127	
10	SM	Daniel Reynolds	Grange Farm & Dunmo	142	
11	SM	Chris O'Hara	Billericay Striders RC	155	
12	SM	Wesley Atkins	Halstead RR	157	
13	SM	John Whitehead	Havering AC	172	
14	SM	Gavin Scanlon	Colchester Harriers AC	188	
15	SM	Lee Pickering	Grange Farm & Dunmo	211	
16	SM	Shane Boxall	Southend-on-Sea AC	215	
17	SM	Robert Doyle	Thurrock Harriers	219	
18	SM	Sebastian Parris	Ilford AC	230	
19	SM	David Wilson	Orion Harriers	269	
20	SM	Tom Walsh	Southend-on-Sea AC	298	
21	SM	Will Read-Wright	Orion Harriers	329	
22	SM	Barry Weldon	Billericay Striders RC	512	
23	SM	William Holman	Phoenix Striders	743	
1	V40/V45	Crispian Bloomfield	Billericay Striders RC	43	
2	V40/V45	Lee Taylor	Southend-on-Sea AC	70	
3	V40/V45	Christian Holmes	Southend-on-Sea AC	73	
4	V40/V45	Barnaby Foot	Orion Harriers	132	
5	V40/V45	Barry Smith	Havering AC	163	
6	V40/V45	Bob Glasgow	Orion Harriers	170	
7	V40/V45	Adam Baker	Orion Harriers	178	
8	V40/V45	Scott Rice	Thurrock Harriers	192	
9	V40/V45	Toby Draper	Thurrock Harriers	215	
10	V40/V45	Anthony Goodall	Springfield Striders RC	216	
11	V40/V45	Martin Chester	Havering AC	224	
12	V40/V45	Andrew Low	Benfleet Running Club	259	
13	V40/V45	Graham Booty	Benfleet Running Club	296	
14	V40/V45	Tim Wright	Orion Harriers	299	
15	V40/V45	Peter Waite	Chelmsford AC	301	
16	V40/V45	Keith Willett	Thurrock Harriers	316	
17	V40/V45	Steve Walker	Havering AC	359	
18	V40/V45	Matt Randall	Southend-on-Sea AC	403	
19	V40/V45	Ian Pike	Benfleet Running Club	429	
20	V40/V45	Roy Perrott	Orion Harriers	440	
21	V40/V45	James Champion	Southend-on-Sea AC	463	
22	V40/V45	Roy Harwood	Benfleet Running Club	465	
23	V40/V45	Steven Ball	Thurrock Harriers	490	

Individual positions after final fixture

24	V40/V45	Andrew Taczynski	Colchester Harriers AC	556
25	V40/V45	Roy James	Havering AC	584
25	V40/V45	Neil Hitchcock	Grange Farm & Dunmow	584
27	V40/V45	Mark Lawes	Tiptree Road Runners	622
28	V40/V45	Tony Collins	Havering AC	650
29	V40/V45	Alan Cooke	Hockley Trail Runners	660
30	V40/V45	Trevor Robinson	Ilford AC	718
31	V40/V45	Ian Glover	Southend-on-Sea AC	719
32	V40/V45	Jon Brown	JBR Run and Tri	739

1	V50/V55	Colin Read	Orion Harriers	117
2	V50/V55	Craig Dyce	Cambridge & Coleridge	158
3	V50/V55	Tony Pecoraro	Havering AC	279
4	V50/V55	Paul Broome	Springfield Striders RC	308
5	V50/V55	Alan Clark	Benfleet Running Club	380
6	V50/V55	Lloyd Miles	Billericay Striders RC	393
7	V50/V55	Peter Tullett	Chelmsford AC	403
8	V50/V55	Nick Rankin	Benfleet Running Club	440
9	V50/V55	Alan Fullerton	Grange Farm & Dunmow	454
10	V50/V55	Doug Stephens	Benfleet Running Club	503
11	V50/V55	David Findlay	Basildon AC	506
12	V50/V55	Christopher Applegate	Thurrock Harriers	514
13	V50/V55	Trevor Horncastle	Phoenix Striders	524
14	V50/V55	Neil Clark	Phoenix Striders	526
15	V50/V55	Stephen Foggo	Billericay Striders RC	528
16	V50/V55	Dave Brock	Orion Harriers	540
17	V50/V55	Simon Morgan	Colchester Harriers AC	557
18	V50/V55	Colin White	Billericay Striders RC	560
19	V50/V55	Alan Pearl	Ilford AC	584
20	V50/V55	Andy Hawes	JBR Run and Tri	594
21	V50/V55	Martin Orford	Phoenix Striders	609
22	V50/V55	Kevin Kirby	Chelmsford AC	627
23	V50/V55	Colin Wilkinson	Phoenix Striders	664
24	V50/V55	Matt Gillard	Southend-on-Sea AC	683
25	V50/V55	Adrian Mathers	Hockley Trail Runners	699
26	V50/V55	Clive Bailey	JBR Run and Tri	713
27	V50/V55	Dave Girt	Southend-on-Sea AC	729
28	V50/V55	John Rex	Basildon AC	742
29	V50/V55	Henry Ricketts	Ilford AC	750
30	V50/V55	Rhys Davis	Basildon AC	781
31	V50/V55	Ray Sparra Everingham	Ilford AC	784
32	V50/V55	Angus Aldridge	Southend-on-Sea AC	815

1	V60/V65	Michael Bridgeland	Chelmsford AC	295
2	V60/V65	David Butler	Billericay Striders RC	323
3	V60/V65	Andrew Morris	Phoenix Striders	444
4	V60/V65	Bob Langley	Halstead RR	451
5	V60/V65	Donald English	Halstead RR	531

Individual positions after final fixture

6	V60/V65	Bill Bennett	Orion Harriers	582
7	V60/V65	Tim Brockington	Springfield Striders RC	609
8	V60/V65	Donald Sinclair	Pitsea Running Club	697
9	V60/V65	Edward Skinner	Tiptree Road Runners	742
10	V60/V65	Brian Butcher	Mid Essex Casuals	746
11	V60/V65	Peter Eates	Phoenix Striders	768
12	V60/V65	Graham Bardell	JBR Run and Tri	800
13	V60/V65	Peter McLaughlin	Pitsea Running Club	809
1	V70	Peter Binns	Southend-on-Sea AC	629
1	V70	James Huddart	Ilford AC	794