



Essex Cross Country League (5)

Sponsored by

| <u>Colchester</u> | | <u>U13 Girls</u> | <u>07/02/2016</u> |
|-------------------|---------------------|--------------------------|-------------------|
| Pos | Name | Team | Time |
| 1 | Abigail Ives | Basildon AC | 10: 14 |
| 2 | Faye Sweeting | Chelmsford AC | 24 |
| 3 | Georgia Tombs | Chelmsford AC | 48 |
| 4 | Sydney Foley | Havering AC | 50 |
| 5 | Hannah Bolton | Chelmsford AC | 56 |
| 6 | Charlotte Pratt | Harlow AC | 59 |
| 7 | Lily Bath | Havering AC | 11: 00 |
| 8 | Demi Eaves | Thurrock Harriers | 00 |
| 9 | Hollie Rex | Basildon AC | 10 |
| 10 | Sarah Blockley | Thurrock Harriers | 13 |
| 11 | Laurn Wood | Discovery Triathlon Club | 34 |
| 12 | Milly Prestland | Colchester Harriers AC | 35 |
| 13 | Tia Cocca | Chelmsford AC | 37 |
| 14 | Sophie Wetheridge | Basildon AC | 47 |
| 15 | Savanna Sirkett | Harlow AC | 52 |
| 16 | Evie Smith | Chelmsford AC | 55 |
| 17 | Sophie Anderson | Southend-on-Sea AC | 57 |
| 18 | Hannah Peacock | Thurrock Harriers | 58 |
| 19 | Rose Sheppard | Braintree & District AC | 59 |
| 20 | Annie Grannell | Havering AC | 12: 04 |
| 21 | Chloe Rand | Havering AC | 05 |
| 22 | Sasha Clark | Cambridge & Coleridge AC | 06 |
| 23 | Ellen Savidge | Harlow AC | 07 |
| 24 | MacKenzie Cranfield | Harlow AC | 08 |
| 25 | Alice Atkins | Havering AC | 16 |
| 26 | Rebecca O'Rourke | Havering AC | 29 |
| 27 | Mazy King | Colchester & Tendring AC | 36 |
| 28 | Madeleine Claydon | Colchester Harriers AC | 53 |
| 29 | Jessica James | Havering AC | 56 |
| 30 | Hannah Johnson | Havering AC | 13: 04 |
| 31 | Rose Mears | Havering AC | 06 |
| 32 | Emily Fall | Thurrock Harriers | 22 |
| 33 | Robyn Bartholomew | Southend-on-Sea AC | 26 |
| 34 | Ann Cooper | Havering AC | 29 |
| 35 | Jennifer Palmer | Colchester & Tendring AC | 31 |
| 36 | Georgia Middleton | Southend-on-Sea AC | 33 |
| 37 | Amalia Dean | Colchester Harriers AC | 38 |
| 38 | Morgan Romain | Havering AC | 43 |
| 39 | Maddie Booty | Thurrock Harriers | 44 |
| 40 | Jessie Collier | Havering AC | 14: 04 |

| Teams | |
|--------------|---------------------------------|
| 1 | Chelmsford AC 23 |
| 2 | Havering AC 52 |
| 3 | Harlow AC 68 |
| 4 | Thurrock Harriers 68 |
| 5 | Basildon AC 24 (3) |
| 6 | Colchester Harriers AC 77 (3) |
| 7 | Southend-on-Sea AC 86 (3) |
| 8 | Colchester & Tendring AC 62 (2) |
| 9 | Discovery Triathlon Club 11 (1) |
| 10 | Braintree & District AC 19 (1) |
| 11 | Cambridge & Coleridge AC 22 (1) |

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Essex Cross Country League (5)

Sponsored by



| <u>Colchester</u> | | <u>U13 Boys</u> | <u>07/02/2016</u> | |
|-------------------|------------------------|---------------------------|-------------------|----|
| Pos | Name | Team | Time | |
| 1 | Harry Parker | Thurrock Harriers | 9: | 42 |
| 2 | Ziggy Lambton | Colchester Harriers AC | | 50 |
| 3 | Joshua McGill | Basildon AC | | 55 |
| 4 | Alex Ford | Havering AC | 10: | 03 |
| 5 | Joe Morgan | Harlow AC | | 05 |
| 6 | Ben Sloan | Harlow AC | | 10 |
| 7 | Finnlay Lowe | Thurrock Harriers | | 14 |
| 8 | William Newcombe | Cambridge & Coleridge AC | | 15 |
| 9 | Ben Naish | Havering AC | | 17 |
| 10 | Jamie Mack | Thurrock Harriers | | 18 |
| 11 | Jack Saunders | Basildon AC | | 36 |
| 12 | Henry Lay | Havering AC | | 37 |
| 13 | Max Godfrey | Cambridge & Coleridge AC | | 38 |
| 14 | Billy Saunders | Basildon AC | | 43 |
| 15 | Scott Thomas | Chelmsford AC | | 45 |
| 16 | Dominic Jarvis | Havering AC | | 54 |
| 17 | George Hay | Southend-on-Sea AC | | 56 |
| 18 | Henry Jones | Orion Harriers | | 57 |
| 19 | Sam Sloan | Harlow AC | | 58 |
| 20 | Dylan Harrid | Thurrock Harriers | | 59 |
| 21 | Bradley Deacon | Ilford AC | 11: | 02 |
| 22 | James Fraser | Cambridge & Coleridge AC | | 02 |
| 23 | Matthew Hick | Ilford AC | | 03 |
| 24 | Aiden Cahill | Braintree & District AC | | 17 |
| 25 | Archie Conners | Benfleet Running Club | | 24 |
| 26 | Timi McDaniel | Havering AC | | 26 |
| 27 | Tom Wood | Discovery Triathlon Club | | 30 |
| 28 | Seb Poskett-Richardson | Southend-on-Sea AC | | 31 |
| 29 | Sunny Vehit | Thurrock Harriers | | 39 |
| 30 | Jake Long | Havering AC | | 42 |
| 31 | Reece Debenham | Havering AC | | 45 |
| 32 | Oliver Middleton | Southend-on-Sea AC | | 52 |
| 33 | William Ferguson | Braintree & District AC | | 54 |
| 34 | Finlay Staff | Basildon AC | 12: | 05 |
| 35 | Evan Johnstone | Ilford AC | | 08 |
| 36 | Tom Puxley | Havering AC | | 56 |
| 37 | William Mayes | East Essex Triathlon Club | 13: | 04 |
| 38 | Teddy Norcott | Thurrock Harriers | 14: | 44 |

| Teams | |
|--------------|----------------------------------|
| 1 | Thurrock Harriers 38 |
| 2 | Havering AC 41 |
| 3 | Basildon AC 62 |
| 3 | Harlow AC 30 (3) |
| 5 | Cambridge & Coleridge AC 43 (3) |
| 6 | Southend-on-Sea AC 77 (3) |
| 7 | Ilford AC 79 (3) |
| 8 | Braintree & District AC 57 (2) |
| 9 | Colchester Harriers AC 2 (1) |
| 10 | Chelmsford AC 15 (1) |
| 11 | Orion Harriers 18 (1) |
| 12 | Benfleet Running Club 25 (1) |
| 13 | Discovery Triathlon Club 27 (1) |
| 14 | East Essex Triathlon Club 37 (1) |

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE



Essex Cross Country League (5)

Sponsored by

| <u>Colchester</u> | | <u>U15 Girls</u> | <u>07/02/2016</u> | |
|-------------------|-------------------|--------------------------|-------------------|----|
| Pos | Name | Team | Time | |
| 1 | Kate O'Neill | Havering AC | 14: | 28 |
| 2 | Jessica Mitchell | Havering AC | | 53 |
| 3 | Joanna Rimmington | Southend-on-Sea AC | 15: | 05 |
| 4 | Lottie Rowedder | Harlow AC | | 11 |
| 5 | Hayley Instance | Thurrock Harriers | | 53 |
| 6 | Sophie Rand | Havering AC | 16: | 06 |
| 7 | Grace Goodall | Benfleet Running Club | | 31 |
| 8 | Grace Burrell | Basildon AC | | 52 |
| 9 | J Williamson | Southend-on-Sea AC | | 57 |
| 10 | Molly Bath | Havering AC | | 59 |
| 11 | Grace Ralston | Southend-on-Sea AC | 17: | 15 |
| 12 | Catherine Barker | Havering AC | | 28 |
| 13 | Abbey Rex | Basildon AC | | 38 |
| 14 | Molly Sweetman | Havering AC | | 42 |
| 15 | Juliette LeMare | Southend-on-Sea AC | | 51 |
| 16 | Genevieve Pate | Benfleet Running Club | 18: | 00 |
| 17 | Ellisa Baggott | Colchester & Tendring AC | | 13 |
| 18 | Chloe Morter | Havering AC | | 20 |
| 19 | Ella Findlay | Basildon AC | | 37 |
| 20 | Charlotte George | Basildon AC | | 57 |
| 21 | Charlotte Wright | Havering AC | 19: | 11 |
| 22 | Isabella Hicks | Ilford AC | | 20 |
| 23 | Kate Walker | Havering AC | | 25 |
| 24 | Emma Gadsdon | Colchester & Tendring AC | | 58 |

Teams

| | | |
|---|--------------------------|--------|
| 1 | Havering AC | 19 |
| 2 | Southend-on-Sea AC | 38 |
| 3 | Basildon AC | 60 |
| 4 | Benfleet Running Club | 23 (2) |
| 5 | Colchester & Tendring AC | 41 (2) |
| 6 | Harlow AC | 4 (1) |
| 7 | Thurrock Harriers | 5 (1) |
| 8 | Ilford AC | 22 (1) |



Essex Cross Country League (5)

Sponsored by

| <u>Colchester</u> | | <u>U15 Boys</u> | <u>07/02/2016</u> | |
|-------------------|--------------------|--------------------------|-------------------|----|
| Pos | Name | Team | Time | |
| 1 | Joseph Owen | Orion Harriers | 13: | 31 |
| 2 | Lewis Harknett | Harlow AC | | 46 |
| 3 | Sonny Bastone | Colchester & Tendring AC | | 52 |
| 4 | Sam Norris | Southend-on-Sea AC | 14: | 02 |
| 5 | Taylor Newell | Thurrock Harriers | | 12 |
| 6 | Danny Millward | Colchester Harriers AC | | 18 |
| 7 | Zach Bridgeland | Chelmsford AC | | 29 |
| 8 | James Wood | Orion Harriers | | 30 |
| 9 | Joseph Clarke | Orion Harriers | | 35 |
| 10 | Jay Shotter | Orion Harriers | | 41 |
| 11 | Tom Stuttle | Southend-on-Sea AC | | 50 |
| 12 | Sam Atkins | Havering AC | | 52 |
| 13 | Ben Prior | Thurrock Harriers | | 54 |
| 14 | Ollie Randall | Southend-on-Sea AC | | 58 |
| 15 | Oliver Woods | Havering AC | 15: | 04 |
| 16 | Daniel McGill | Basildon AC | | 07 |
| 17 | Sam Wheatley | Southend-on-Sea AC | | 09 |
| 18 | Jamie Putt | Harlow AC | | 10 |
| 19 | Freddie Richardson | Colchester & Tendring AC | | 14 |
| 20 | Henri Willett | Thurrock Harriers | | 20 |
| 21 | Joseph Boden | Colchester Harriers AC | | 25 |
| 22 | George Joslin | Chelmsford AC | | 29 |
| | Alex Friend | Havering AC | | 33 |
| | George Hill | Basildon AC | | 33 |
| | William Jones | Orion Harriers | | 35 |
| | Thomas Palmer | Colchester & Tendring AC | | 45 |
| | Callum Lloyd | Chelmsford AC | | 46 |
| | Reece Scott | Basildon AC | | 47 |
| | James Wright | Basildon AC | | 54 |
| | Mason Hambleton | Thurrock Harriers | | 58 |
| | Jack Halil | Ilford AC | 16: | 22 |
| | Saul Ashon | Orion Harriers | | 40 |

| Teams | |
|-------|---------------------------------|
| 1 | Orion Harriers 28 |
| 1 | Southend-on-Sea AC 46 |
| 3 | Thurrock Harriers 68 |
| 4 | Basildon AC 97 |
| 5 | Colchester & Tendring AC 48 (3) |
| 6 | Havering AC 50 (3) |
| 7 | Chelmsford AC 56 (3) |
| 8 | Harlow AC 20 (2) |
| 9 | Colchester Harriers AC 27 (2) |
| 10 | Ilford AC 31 (1) |

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Essex Cross Country League (5)



Sponsored by

Colchester

U17/20 Women

07/02/2016

| Pos | Age | Name | Team | Time |
|-----|-----|------------------|------------------------|--------|
| 1 | U17 | Sinead Clark | Benfleet Running Club | 21: 15 |
| 2 | U17 | Niamh Smith | Basildon AC | 51 |
| 3 | U20 | Isabella Woods | Havering AC | 22: 16 |
| 4 | U17 | Lydia Callan | Chelmsford AC | 20 |
| 5 | U17 | Jemima Walker | Basildon AC | 23: 07 |
| 6 | U20 | Beth Francis | Colchester Harriers AC | 35 |
| 7 | U17 | Georgia Phillips | Havering AC | 24: 00 |
| 8 | U17 | E Williamson | Southend-on-Sea AC | 01 |
| 9 | U17 | Anna McMinn | Chelmsford AC | 50 |
| 10 | U17 | Iona Doyle | Southend-on-Sea AC | 25: 09 |
| 11 | U17 | Emily James | Havering AC | 26: 23 |
| 12 | U17 | Leah McGill | Basildon AC | 27: 15 |

Teams

| | | | |
|---|------------------------|----|-----|
| 1 | Basildon AC | 19 | (3) |
| 2 | Havering AC | 21 | (3) |
| 3 | Chelmsford AC | 13 | (2) |
| 4 | Southend-on-Sea AC | 18 | (2) |
| 5 | Benfleet Running Club | 1 | (1) |
| 6 | Colchester Harriers AC | 6 | (1) |

Essex Cross Country League (5)

Sponsored by



| <u>Colchester</u> | | <u>U17 Men</u> | <u>07/02/2016</u> | |
|-------------------|-----------------|---------------------------|-------------------|----|
| Pos | Name | Team | Time | |
| 1 | Ben Davis | Havering AC | 19: | 07 |
| 2 | Owen Thomas | Chelmsford AC | | 33 |
| 3 | Ben Miller | Colchester & Tendring AC | 20: | 01 |
| 4 | Jordan Denyer | Chelmsford AC | | 04 |
| 5 | Max Jones | Basildon AC | | 31 |
| 6 | Oliver Bath | Havering AC | | 55 |
| 7 | Matt Norris | Southend-on-Sea AC | 21: | 00 |
| 8 | Joshua Mulley | Braintree & District AC | | 02 |
| 9 | James Stewart | Havering AC | | 16 |
| 10 | Ben Goodwin | East Essex Triathlon Club | | 32 |
| 11 | Nathan Brearley | Chelmsford AC | | 46 |
| 12 | Conor Culham | Braintree & District AC | 22: | 01 |
| 13 | Kieran O'Hara | Havering AC | | 05 |
| 14 | William Gray | Chelmsford AC | | 32 |
| 15 | Dexter Goward | Benfleet Running Club | | 34 |
| 16 | Alex Smith | Chelmsford AC | | 37 |
| 17 | Adam Harley | East Essex Triathlon Club | 23: | 16 |

| Teams | Time | |
|-----------------------------|------|-----|
| 1 Havering AC | 29 | |
| 2 Chelmsford AC | 31 | |
| 3 Braintree & District AC | 20 | (2) |
| 4 East Essex Triathlon Club | 27 | (2) |
| 5 Colchester & Tendring AC | 3 | (1) |
| 6 Basildon AC | 5 | (1) |
| 7 Southend-on-Sea AC | 7 | (1) |
| 8 Benfleet Running Club | 15 | (1) |



Essex Cross Country League (5)
Colchester

Senior Women

07/02/2016

Sponsored by

| Pos | Age | Name | Team | Time |
|-----|-----|--------------------|--------------------------|--------|
| 1 | U17 | Jodie Judd | Chelmsford AC | 20: 46 |
| 2 | W35 | Sarah Stradling | Colchester Harriers AC | : 56 |
| 3 | W35 | Claire Cornwell | Southend-on-Sea AC | 21: 47 |
| 4 | SW | Laura Brooks | Basildon AC | 22: 05 |
| 5 | SW | Gemma Barry | Chelmsford AC | : 11 |
| 6 | SW | Rebecca Luxton | Chelmsford AC | : 22 |
| 7 | SW | Charlotte Bishop | Basildon AC | : 54 |
| 8 | W35 | Tracy English | Southend-on-Sea AC | : 57 |
| 9 | W35 | Wendy King | Chelmsford AC | 23: 04 |
| 10 | SW | Rebecca Cooke | Colchester Harriers AC | : 12 |
| 11 | SW | Jenni Sheehan | Ilford AC | : 24 |
| 12 | SW | Charmaine Sterling | Benfleet Running Club | : 30 |
| 13 | W45 | Stefanie Godfrey | Cambridge & Coleridge AC | : 32 |
| 14 | SW | Sarah Pennington | Southend-on-Sea AC | : 38 |
| 15 | SW | Ella Neale | Colchester Harriers AC | : 43 |
| 16 | W35 | Anne Jenkinson | Southend-on-Sea AC | : 44 |
| 17 | SW | Dominique Ballard | Benfleet Running Club | : 47 |
| 18 | W45 | Denise Morley | Colchester Harriers AC | : 51 |
| 19 | W45 | Debbie Cattermole | Colchester Harriers AC | : 56 |
| 20 | W35 | Natasha Lagden | Southend-on-Sea AC | : 58 |
| 21 | W35 | Toni Noble | Thurrock Harriers | 24: 02 |
| 22 | W35 | Annette Oakman | Colchester Harriers AC | : 23 |
| 23 | W45 | Joanna Smith | Chelmsford AC | : 39 |
| 24 | W45 | Sarah Colbert | Springfield Striders RC | 25: 03 |
| 25 | W35 | Rachel Taylor | Colchester Harriers AC | : 09 |
| 26 | W45 | Jodie Farrell | Thurrock Harriers | : 14 |
| 27 | W55 | Breege Nordin | Ilford AC | : 22 |
| 28 | W45 | Mel Jones | Ilford AC | : 41 |
| 29 | W45 | Sean Gifford | Colchester & Tendring AC | : 45 |
| 30 | SW | Angie Legg | Orion Harriers | 26: 06 |
| 31 | SW | Holly Gillard | Southend-on-Sea AC | : 15 |
| 32 | SW | Danielle Hughes | Phoenix Striders | : 25 |
| 33 | W35 | Tamsin Davies | Phoenix Striders | : 26 |
| 34 | W35 | Nicky Hatfield | Thrift Green Trotters | : 28 |
| 35 | W35 | Kathleen Short | Thrift Green Trotters | : 30 |
| 36 | SW | Katie Wilkinson | Benfleet Running Club | : 58 |
| 37 | W45 | Sandra Fox | Colchester Harriers AC | : 59 |
| 38 | W45 | Sharon Skidmore | Mid Essex Casuals | 27: 09 |
| 39 | W35 | Collette Frampton | Southend-on-Sea AC | : 44 |
| 40 | W45 | Laura Pettifer | Mid Essex Casuals | 28: 02 |
| 41 | W35 | Nina Barrett | Thrift Green Trotters | : 20 |
| 42 | W55 | Toni Wilson | Colchester Harriers AC | : 30 |
| 43 | W45 | Annette Johnson | Benfleet Running Club | : 41 |
| 44 | W35 | Julie Wilson | Thrift Green Trotters | : 55 |
| 45 | W45 | Alison Gillan | Springfield Striders RC | : 59 |
| 46 | W45 | Tracy O'Neill | Havering AC | 29: 07 |
| 47 | W35 | Kirsty Williams | Springfield Striders RC | : 14 |
| 48 | W45 | Elizabeth Cahill | Braintree & District AC | : 33 |
| 49 | W45 | Mandy Cooper | Benfleet Running Club | : 35 |
| 50 | W35 | Karen Chapman | Springfield Striders RC | : 52 |
| 51 | W45 | Ruth Roberts | Phoenix Striders | 30: 00 |
| 52 | W45 | Terri Howe | Pitsea Running Club | : 00 |
| 53 | W45 | Debra Pumfrett | Phoenix Striders | : 00 |
| 54 | W45 | Elaine Tribley | Springfield Striders RC | : 08 |
| 55 | W55 | Cathy Beard | Colchester Harriers AC | : 32 |
| 56 | W55 | Valerie Sinclair | Pitsea Running Club | : 38 |
| 57 | W35 | Lorna Mess | Thrift Green Trotters | : 45 |
| 58 | W45 | Laura Williams | Benfleet Running Club | : 53 |
| 59 | W55 | Teresa Flannigan | Pitsea Running Club | 31: 06 |
| 60 | SW | Vicki Calleja | Thrift Green Trotters | : 26 |
| 61 | SW | Roma Sands | Phoenix Striders | : 42 |
| 62 | W45 | Nicola Maslen | Phoenix Striders | 32: 00 |
| 63 | W35 | Jo Key | Benfleet Running Club | : 50 |
| 64 | W35 | Angela Smith | Pitsea Running Club | 33: 45 |
| 65 | W45 | Julie Gillender | Ilford AC | 37: 20 |
| 66 | W35 | Lynne Culham | Braintree & District AC | 39: 49 |

Division 1 Teams (4 to score)

| | | |
|----|--------------------------|--------|
| 1 | Chelmsford AC | 21 |
| 2 | Southend-on-Sea AC | 41 |
| 3 | Colchester Harriers AC | 45 |
| 4 | Benfleet Running Club | 108 |
| 5 | Ilford AC | 131 |
| 6 | Springfield Striders RC | 166 |
| 7 | Phoenix Striders | 169 |
| 8 | Pitsea Running Club | 231 |
| 9 | Cambridge & Coleridge AC | 13 (1) |
| 10 | Orion Harriers | 30 (1) |
| 11 | Havering AC | 46 (1) |

Division 2 Teams (4 to score)

| | | |
|---|--------------------------|---------|
| 1 | Thrift Green Trotters | 154 |
| 2 | Basildon AC | 11 (2) |
| 3 | Thurrock Harriers | 47 (2) |
| 4 | Mid Essex Casuals | 78 (2) |
| 5 | Braintree & District AC | 114 (2) |
| 6 | Colchester & Tendring AC | 29 (1) |

Veterans Teams (3 to score)

| | | |
|----|--------------------------|---------|
| 1 | Southend-on-Sea AC | 27 |
| 2 | Colchester Harriers AC | 39 |
| 3 | Thrift Green Trotters | 110 |
| 4 | Springfield Striders RC | 116 |
| 5 | Ilford AC | 120 |
| 6 | Phoenix Striders | 137 |
| 7 | Benfleet Running Club | 150 |
| 8 | Pitsea Running Club | 167 |
| 9 | Chelmsford AC | 32 (2) |
| 10 | Thurrock Harriers | 47 (2) |
| 11 | Mid Essex Casuals | 78 (2) |
| 12 | Braintree & District AC | 114 (2) |
| 13 | Cambridge & Coleridge AC | 13 (1) |
| 14 | Colchester & Tendring AC | 29 (1) |
| 15 | Havering AC | 46 (1) |

| | | | |
|----|--------------------------|-------|---------|
| 1 | Chelmsford AC | Div 1 | 21 |
| 2 | Southend-on-Sea AC | Div 1 | 41 |
| 3 | Colchester Harriers AC | Div 1 | 45 |
| 4 | Benfleet Running Club | Div 1 | 108 |
| 5 | Ilford AC | Div 1 | 131 |
| 7 | Springfield Striders RC | Div 1 | 166 |
| 8 | Phoenix Striders | Div 1 | 169 |
| 9 | Pitsea Running Club | Div 1 | 231 |
| 14 | Cambridge & Coleridge AC | Div 1 | 13 (1) |
| 16 | Orion Harriers | Div 1 | 30 (1) |
| 17 | Havering AC | Div 1 | 46 (1) |
| 6 | Thrift Green Trotters | Div 2 | 154 |
| 10 | Basildon AC | Div 2 | 11 (2) |
| 11 | Thurrock Harriers | Div 2 | 47 (2) |
| 12 | Mid Essex Casuals | Div 2 | 78 (2) |
| 13 | Braintree & District AC | Div 2 | 114 (2) |
| 15 | Colchester & Tendring AC | Div 2 | 29 (1) |



Essex Cross Country League (5)

Sponsored by

Colchester

Senior Men

07/02/2016

| Pos | Age | Name | Team | Time |
|-----|-----|--------------------|---------------------------|--------|
| 1 | V40 | Adrian Mussett | Colchester Harriers AC | 27: 16 |
| 2 | SM | Carwyn Jones | Colchester Harriers AC | 28: 12 |
| 3 | SM | Blair McWhirter | Ilford AC | : 28 |
| 4 | SM | Mark Sanford | Chelmsford AC | : 31 |
| 5 | SM | Chris Sellens | Colchester Harriers AC | : 36 |
| 6 | SM | Will Wright | Chelmsford AC | : 50 |
| 7 | SM | Daz Farrugia | Colchester Harriers AC | 29: 04 |
| 8 | SM | Rob Warner | Havering AC | : 07 |
| 9 | V40 | Malcolm Muir | Ilford AC | : 15 |
| 10 | U20 | Ramadan Osman | Colchester & Tendring AC | : 18 |
| 11 | U20 | Darren Blackwell | Chelmsford AC | : 31 |
| 12 | V40 | Richard Heath | Colchester Harriers AC | : 33 |
| 13 | V40 | Steve Rand | Havering AC | : 46 |
| 14 | SM | Lee Pickering | Chelmsford AC | : 55 |
| 15 | V40 | Barnaby Foot | Orion Harriers | 30: 05 |
| 16 | SM | Richard Park | Cambridge & Coleridge AC | : 16 |
| 17 | V40 | Colin Read | Orion Harriers | : 23 |
| 18 | V50 | Colin Ridley | Colchester Harriers AC | : 33 |
| 19 | SM | Danny Moses | Orion Harriers | : 36 |
| 20 | SM | Charlie Parker | Southend-on-Sea AC | : 37 |
| 21 | v40 | Jason Lendon | Havering AC | : 40 |
| 22 | SM | Rhys Gillard | Southend-on-Sea AC | : 42 |
| 23 | SM | Ian Anthony | Havering AC | : 48 |
| 24 | V40 | Allen Smalls | Colchester Harriers AC | : 51 |
| 25 | U20 | James Hiscock | Benfleet Running Club | : 54 |
| 26 | U20 | Christian Gray | Basildon AC | : 57 |
| 27 | V40 | Matt Bland | Havering AC | : 59 |
| 28 | U20 | Dan Ashley | Basildon AC | : 59 |
| 29 | V40 | Mark Harrod | Colchester Harriers AC | 31: 03 |
| 30 | SM | Brian Jenkins | Orion Harriers | : 06 |
| 31 | SM | Neil McGoun | Orion Harriers | : 12 |
| 32 | V40 | Lee Taylor | Southend-on-Sea AC | : 16 |
| 33 | V40 | Paul Rodgers | Colchester Harriers AC | : 27 |
| 34 | SM | Lee Bailey | Orion Harriers | : 29 |
| 35 | V50 | Stephen Philcox | Ilford AC | : 31 |
| 36 | V40 | Paul Holloway | Ilford AC | : 45 |
| 37 | V40 | Adam Baker | Orion Harriers | : 49 |
| 38 | V40 | Jon Nears | Colchester Harriers AC | : 52 |
| 39 | V40 | Martin Chester | Havering AC | 32: 04 |
| 40 | V50 | Michael Bridgeland | Chelmsford AC | : 08 |
| 41 | SM | Sam Rahman | Ilford AC | : 14 |
| 42 | SM | Jason Crispin | Havering AC | : 17 |
| 43 | V40 | Jon Whitehouse | Loughton AC | : 36 |
| 44 | V40 | Andy Wright | Billericay Striders RC | : 41 |
| 45 | V40 | Scott Dryden | Springfield Striders RC | : 46 |
| 46 | V50 | Peter West | Colchester Harriers AC | : 47 |
| 47 | V40 | Kevin Wotton | Ilford AC | 33: 11 |
| 48 | V50 | Neil Crisp | Ilford AC | : 01 |
| 49 | V40 | Andy Doig | East Essex Triathlon Club | : 21 |
| 50 | V40 | Leo Cole | Guest | : 24 |
| 51 | SM | Keith Martin | Thurrock Harriers | : 35 |
| 52 | V50 | Steve Moore | Springfield Striders RC | : 37 |
| 53 | V50 | Don Lawless | Thurrock Harriers | : 39 |
| 54 | V50 | Paul Berrett | Havering AC | : 43 |
| 55 | V40 | Adrian Smith | Orion Harriers | : 51 |
| 56 | V50 | Terry Knightly | Ilford AC | 34: 03 |
| 57 | V40 | Dan Foster | Colchester Harriers AC | : 12 |
| 58 | V40 | Russell Goodridge | Colchester Harriers AC | : 18 |
| 59 | SM | Danny Marks | Colchester Harriers AC | : 24 |
| 60 | V50 | John Barker | Thrift Green Trotters | : 30 |
| 61 | V50 | Richard Jones | Benfleet Running Club | : 40 |
| 62 | SM | Andrew Warner | Orion Harriers | : 44 |
| 63 | V40 | Ryan Alexander | Ilford AC | : 51 |
| 64 | SM | Tim Martin | Thurrock Harriers | : 53 |
| 65 | V40 | James Champion | Southend-on-Sea AC | : 57 |
| 66 | v40 | Graham Hogan | Havering AC | 35: 11 |
| 67 | V40 | Carl Easton | Phoenix Striders | : 17 |

Division 1 Teams (6 to score)

| | | |
|----|--------------------------|---------|
| 1 | Colchester Harriers AC | 45 |
| 2 | Havering AC | 131 |
| 3 | Orion Harriers | 146 |
| 4 | Ilford AC | 171 |
| 5 | Chelmsford AC | 193 |
| 6 | Southend-on-Sea AC | 365 |
| 7 | Benfleet Running Club | 403 |
| 8 | Springfield Striders RC | 456 |
| 9 | Billericay Striders RC | 533 |
| 10 | Thurrock Harriers | 259 (4) |
| 11 | Basildon AC | 124 (3) |
| 12 | Cambridge & Coleridge AC | 16 (1) |

Division 2 Teams (6 score)

| | | |
|---|---------------------------|---------|
| 1 | Phoenix Striders | 530 |
| 2 | Mid Essex Casuals | 566 |
| 3 | Thrift Green Trotters | 341 (4) |
| 4 | Pitsea Running Club | 337 (3) |
| 5 | Colchester & Tendring AC | 10 (1) |
| 6 | Loughton AC | 43 (1) |
| 7 | East Essex Triathlon Club | 49 (1) |

Veteran Team Result (4 to score)

| | | |
|----|---------------------------|---------|
| 1 | Colchester Harriers AC | 55 |
| 2 | Havering AC | 100 |
| 3 | Orion Harriers | 124 |
| 4 | Ilford AC | 127 |
| 5 | Springfield Striders RC | 267 |
| 6 | Benfleet Running Club | 310 |
| 7 | Billericay Striders RC | 314 |
| 8 | Southend-on-Sea AC | 323 |
| 9 | Phoenix Striders | 333 |
| 10 | Mid Essex Casuals | 340 |
| 11 | Thrift Green Trotters | 341 |
| 12 | Pitsea Running Club | 337 (3) |
| 13 | Thurrock Harriers | 144 (2) |
| 14 | Chelmsford AC | 158 (2) |
| 15 | Loughton AC | 43 (1) |
| 16 | East Essex Triathlon Club | 49 (1) |
| 17 | Basildon AC | 70 (1) |

| Pos | Age | Name | Team | Time |
|-----|-----|----------------------|-------------------------|--------|
| 68 | SM | Chris Jones | Benfleet R C | : 25 |
| 69 | SM | Tim Freeland | Orion Harriers | : 26 |
| 70 | V40 | David Findlay | Basildon AC | : 28 |
| 71 | V40 | Steve Walker | Havering AC | : 40 |
| 72 | V60 | Tony Nixon | Ilford AC | : 41 |
| 73 | V40 | Stuart Colley | Orion Harriers | : 47 |
| 74 | SM | Gary Robins | Springfield Striders RC | : 51 |
| 75 | V40 | Ian Pike | Benfleet Running Club | 36: 00 |
| 76 | v40 | John Hood | Mid Essex Casuals | : 02 |
| 77 | V60 | Andy Catton | Ilford AC | : 03 |
| 78 | V40 | Greg Wisken | Mid Essex Casuals | : 06 |
| 79 | V40 | Brian Venton | Benfleet Running Club | : 11 |
| 80 | V50 | Trevor Horncastle | Phoenix Striders | : 36 |
| 81 | V50 | Steve Foggo | Billericay Striders RC | : 43 |
| 82 | v50 | Dave Hurley | Mid Essex Casuals | 37: 08 |
| 83 | V40 | Nicholas Knight | Thrift Green Trotters | : 24 |
| 84 | v40 | Mark Jeffrey | Springfield Striders RC | : 31 |
| 85 | V40 | Simon Morgan | Colchester Harriers AC | : 33 |
| 86 | V40 | Rob Hogan | Springfield Striders RC | : 42 |
| 87 | V40 | Lawrence Harrison | Billericay Striders RC | : 46 |
| 88 | SM | Dan Green | Orion Harriers | 38: 07 |
| 89 | SM | Tony Collins | Havering AC | : 39 |
| 90 | SM | Chris Footer | Phoenix Striders | : 53 |
| 91 | V40 | Nigel Instance | Thurrock Harriers | : 56 |
| 92 | V40 | Martin Orford | Phoenix Striders | 39: 04 |
| 93 | SM | Richard Rowe | Havering AC | : 14 |
| 94 | V40 | Lee Hazlewood | Phoenix Striders | : 16 |
| 95 | V40 | Barry Key | Benfleet R C | : 19 |
| 96 | V40 | Gary Floate | Ilford AC | : 32 |
| 97 | V50 | Ted Skinner | Ilford AC | 40: 03 |
| 98 | V50 | James MacNish-Porter | Thrift Green Trotters | : 11 |
| 99 | V50 | Paul Williams | Orion Harriers | : 16 |
| 100 | V40 | Jon Wadie | Thrift Green Trotters | : 24 |
| 101 | SM | Shane Lawrence | Guest | : 55 |
| 102 | V45 | Gerry Doherty | Billericay Striders RC | 41: 3 |
| 103 | V40 | Roy Perrott | Orion Harriers | : 7 |
| 104 | v50 | Paul Tawn | Mid Essex Casuals | : 22 |
| 105 | V50 | Don Sinclair | Pitsea Running Club | : 23 |
| 106 | V60 | Bob Jousiffe | Orion Harriers | : 42 |
| 107 | V50 | Duncan Russell | Phoenix Striders | 42: 10 |
| 108 | V60 | Keith Walker | Billericay Striders RC | 43: 11 |
| 109 | V40 | Matt Gillard | Southend-on-Sea AC | : 44 |
| 110 | V60 | Brian Butcher | Mid Essex Casuals | : 49 |
| 111 | V60 | Ray Vann | Billericay Striders RC | 44 04 |
| 112 | V50 | Peter McLaughlin | Pitsea Running Club | : 06 |
| 113 | V50 | Kim Vinicombe | Phoenix Striders | : 33 |
| 114 | SM | David Lehman | Billericay Striders RC | 45: 24 |
| 115 | V40 | Ian Brazier | Springfield Striders RC | 46: 12 |
| 116 | V60 | David Game | Mid Essex Casuals | 47: 05 |
| 117 | V50 | Angus Aldridge | Southend-on-Sea AC | 48: 40 |
| 118 | V50 | Stephen Williams | Chelmsford AC | 49: 25 |
| 119 | V50 | Jim Rourke | Billericay Striders RC | 50: 15 |
| 120 | V50 | David Davidson | Pitsea Running Club | 51: 41 |

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Essex Cross Country League

Final Team Standings after 5 races (best 4 scores)

U13 Girls

| Pos | Club | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Total |
|-----|---------------------------|--------|--------|--------|--------|--------|-------|
| 1 | Chelmsford AC | 1 | 2 | 1 | 1 | 1 | 4 |
| 2 | Thurrock Harriers | 3 | 3 | 3 | 3 | 4 | 12 |
| 2 | Havering AC | 4 | 5 | 4 | 2 | 2 | 12 |
| 4 | Harlow AC | 5 | 4 | 2 | 4 | 3 | 13 |
| 5 | Basildon AC | 2 | 1 | 8 | 6 | 5 | 14 |
| 6 | Orion Harriers | 6 | 6 | 5 | 5 | 20 | 22 |
| 7 | Southend-on-Sea AC | 7 | 7 | 6 | 7 | 7 | 27 |
| 8 | Cambridge & Coleridge AC | 10 | 10 | 9 | 20 | 11 | 40 |
| 9 | East Essex Triathlon Club | 9 | 9 | 7 | 20 | 20 | 45 |
| 10 | Discovery Tri | 20 | 12 | 20 | 9 | 9 | 50 |
| 11 | Colchester Harriers AC | 20 | 20 | 20 | 8 | 6 | 54 |
| 12 | Colchester & Tendring AC | 8 | 20 | 20 | 20 | 8 | 56 |
| 13 | Braintree & District AC | 20 | 8 | 20 | 20 | 10 | 58 |
| 14 | Benfleet RC | 20 | 11 | 20 | 20 | 20 | 71 |

U13 Boys

| Pos | Club | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Total |
|-----|---------------------------|--------|--------|--------|--------|--------|-------|
| 1 | Thurrock Harriers | 2 | 1 | 3 | 2 | 1 | 6 |
| 2 | Harlow AC | 3 | 2 | 2 | 6 | 4 | 11 |
| 2 | Havering AC | 4 | 4 | 4 | 1 | 2 | 11 |
| 4 | Cambridge & Coleridge AC | 1 | 8 | 1 | 9 | 5 | 15 |
| 5 | Ilford AC | 6 | 3 | 20 | 3 | 7 | 19 |
| 6 | Southend-on-Sea AC | 8 | 5 | 6 | 5 | 6 | 22 |
| 7 | Chelmsford AC | 7 | 7 | 5 | 4 | 10 | 23 |
| 8 | Basildon AC | 5 | 6 | 20 | 12 | 3 | 26 |
| 9 | Colchester Harriers AC | 10 | 10 | 7 | 11 | 9 | 36 |
| 10 | Orion Harriers | 12 | 9 | 10 | 7 | 11 | 37 |
| 11 | East Essex Triathlon Club | 9 | 12 | 9 | 8 | 14 | 38 |
| 11 | Braintree & District AC | 11 | 11 | 8 | 13 | 8 | 38 |
| 13 | Discovery Tri | 20 | 13 | 20 | 10 | 13 | 56 |
| 14 | Benfleet RC | 20 | 20 | 20 | 20 | 12 | 72 |
| 15 | Colchester & Tendring AC | 20 | 14 | 20 | 20 | 20 | 74 |

U15 Girls

| Pos | Club | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Total |
|-----|---------------------------|--------|--------|--------|--------|--------|-------|
| 1 | Havering AC | 1 | 1 | 1 | 1 | 1 | 4 |
| 2 | Thurrock Harriers | 2 | 3 | 4 | 3 | 7 | 12 |
| 3 | Braintree & District AC | 3 | 5 | 2 | 6 | 20 | 16 |
| 4 | Benfleet Running Club | 6 | 6 | 5 | 4 | 4 | 19 |
| 5 | Basildon AC | 11 | 2 | 9 | 7 | 3 | 21 |
| 6 | Harlow AC | 8 | 4 | 7 | 5 | 6 | 22 |
| 7 | Southend-on-Sea AC | 4 | 9 | 10 | 12 | 2 | 25 |
| 8 | Colchester & Tendring AC | 10 | 7 | 11 | 8 | 5 | 30 |
| 9 | Cambridge & Coleridge AC | 5 | 20 | 3 | 9 | 20 | 37 |
| 9 | Orion Harriers | 7 | 8 | 20 | 2 | 20 | 37 |
| 11 | Chelmsford AC | 12 | 10 | 6 | 10 | 20 | 38 |
| 12 | Ilford AC | 9 | 12 | 20 | 11 | 8 | 40 |
| 13 | Colchester Harriers AC | 20 | 11 | 8 | 20 | 20 | 59 |
| 14 | East Essex Triathlon Club | 20 | 13 | 20 | 20 | 20 | 73 |

U15 Boys

| Pos | Club | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Total |
|-----|---------------------------|--------|--------|--------|--------|--------|-------|
| 1 | Orion Harriers | 4 | 3 | 2 | 1 | 1 | 7 |
| 2 | Southend-on-Sea AC | 2 | 2 | 4 | 3 | 2 | 9 |
| 3 | Thurrock Harriers | 3 | 4 | 3 | 4 | 3 | 13 |
| 4 | Havering AC | 7 | 7 | 7 | 2 | 6 | 22 |
| 5 | Basildon AC | 5 | 6 | 10 | 8 | 4 | 23 |
| 6 | Harlow AC | 9 | 5 | 5 | 6 | 8 | 24 |
| 7 | Colchester Harriers AC | 6 | 8 | 6 | 5 | 9 | 25 |
| 7 | Chelmsford AC | 8 | 1 | 9 | 9 | 7 | 25 |
| 9 | Colchester & Tendring AC | 9 | 9 | 8 | 10 | 5 | 31 |
| 10 | Cambridge & Coleridge AC | 1 | 20 | 1 | 20 | 20 | 42 |
| 10 | Ilford AC | 13 | 12 | 20 | 7 | 10 | 42 |
| 12 | Braintree & District AC | 12 | 10 | 11 | 20 | 20 | 53 |
| 12 | East Essex Triathlon Club | 11 | 11 | 20 | 11 | 20 | 53 |
| 14 | Benfleet Running Club | 14 | 20 | 20 | 20 | 20 | 74 |

U17/20 Women

| Pos | Club | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Total |
|-----|--------------------------|--------|--------|--------|--------|--------|-------|
| 1 | Basildon AC | 2 | 2 | 2 | 6 | 1 | 7 |
| 2 | Chelmsford AC | 4 | 1 | 3 | 1 | 3 | 8 |
| 3 | Havering AC | 3 | 3 | 6 | 2 | 2 | 10 |
| 4 | Benfleet Running Club | 6 | 4 | 4 | 5 | 5 | 18 |
| 5 | Colchester & Tendring AC | 7 | 5 | 5 | 4 | 20 | 21 |
| 6 | Southend-on-Sea AC | 5 | 6 | 20 | 7 | 4 | 22 |
| 7 | Orion Harriers | 10 | 20 | 7 | 3 | 20 | 40 |
| 8 | Cambridge & Coleridge AC | 1 | 20 | 1 | 20 | 20 | 42 |
| 9 | Colchester Harriers AC | 8 | 9 | 20 | 20 | 6 | 43 |
| 10 | Thurrock Harriers | 9 | 8 | 20 | 20 | 20 | 57 |
| 11 | Harlow AC | 20 | 7 | 20 | 20 | 20 | 67 |

U17 Men

| Pos | Club | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Total |
|-----|---------------------------|--------|--------|--------|--------|--------|-------|
| 1 | Havering AC | 4 | 1 | 9 | 2 | 1 | 8 |
| 2 | Chelmsford AC | 3 | 2 | 3 | 3 | 2 | 10 |
| 3 | Basildon AC | 2 | 5 | 4 | 20 | 6 | 17 |
| 4 | Thurrock Harriers | 6 | 6 | 2 | 4 | 20 | 18 |
| 4 | Orion Harriers | 9 | 3 | 5 | 1 | 20 | 18 |
| 6 | Colchester & Tendring AC | 8 | 7 | 6 | 5 | 5 | 23 |
| 7 | Southend-on-Sea AC | 7 | 4 | 7 | 9 | 7 | 25 |
| 8 | East Essex Triathlon Club | 10 | 10 | 10 | 6 | 4 | 30 |
| 9 | Braintree & District AC | 14 | 11 | 12 | 7 | 3 | 33 |
| 10 | Colchester Harriers AC | 5 | 8 | 8 | 20 | 20 | 41 |
| 11 | Cambridge & Coleridge AC | 1 | 20 | 1 | 20 | 20 | 42 |
| 12 | Harlow AC | 13 | 12 | 11 | 10 | 20 | 46 |
| 13 | Ilford AC | 12 | 9 | 20 | 8 | 20 | 49 |
| 14 | Benfleet Running Club | 11 | 13 | 20 | 20 | 8 | 52 |

Senior Women (incl. Veterans) Division 1

| Pos | Club | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Total |
|-----|--------------------------|--------|--------|--------|--------|--------|-------|
| 1 | Chelmsford AC | 1 | 1 | 1 | 1 | 1 | 4 |
| 3 | Southend-on-Sea AC | 2 | 2 | 4 | 3 | 2 | 9 |
| 4 | Colchester Harriers AC | 3 | 3 | 2 | 2 | 3 | 10 |
| 8 | Orion Harriers | 5 | 4 | 5 | 4 | 10 | 18 |
| 12 | Ilford AC | 12 | 7 | 6 | 5 | 5 | 23 |
| 13 | Benfleet Running Club | 8 | 6 | 8 | 6 | 4 | 24 |
| 15 | Phoenix Striders | 7 | 5 | 9 | 8 | 7 | 27 |
| 15 | Springfield Striders RC | 6 | 8 | 11 | 7 | 6 | 27 |
| 17 | Cambridge & Coleridge AC | 4 | 12 | 3 | 20 | 9 | 28 |
| 18 | Havering AC | 9 | 9 | 7 | 20 | 11 | 36 |
| 19 | Pitsea Running Club | 11 | 11 | 10 | 9 | 8 | 38 |
| 20 | Loughton AC | 10 | 10 | 12 | 10 | 20 | 42 |

Senior Men (incl. Veterans) Division 1

| Pos | Club | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Total |
|-----|--------------------------|--------|--------|--------|--------|--------|-------|
| 2 | Colchester Harriers AC | 3 | 1 | 2 | 2 | 1 | 6 |
| 3 | Orion Harriers | 1 | 2 | 3 | 4 | 3 | 9 |
| 5 | Havering AC | 5 | 3 | 4 | 1 | 2 | 10 |
| 6 | Chelmsford AC | 2 | 4 | 1 | 8 | 5 | 12 |
| 9 | Southend-on-Sea AC | 7 | 6 | 4 | 3 | 6 | 19 |
| 12 | Springfield Striders RC | 6 | 5 | 8 | 9 | 8 | 27 |
| 13 | Benfleet Running Club | 8 | 7 | 9 | 6 | 7 | 28 |
| 13 | Ilford AC | 10 | 9 | 10 | 5 | 4 | 28 |
| 15 | Basildon AC | 9 | 8 | 7 | 7 | 11 | 31 |
| 16 | Cambridge & Coleridge AC | 4 | 12 | 6 | 12 | 12 | 34 |
| 18 | Thurrock Harriers | 11 | 10 | 11 | 10 | 10 | 41 |
| 20 | Billericay Striders | 12 | 11 | 12 | 11 | 9 | 43 |

Senior Women (incl. Veterans) Division 2

| Pos | Club | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Total |
|-----|---------------------------|--------|--------|--------|--------|--------|-------|
| 1 | Basildon AC | 1 | 1 | 1 | 2 | 2 | 5 |
| 2 | Thurrock Harriers | 2 | 2 | 3 | 20 | 3 | 10 |
| 3 | Thrift Green Trotters | 8 | 5 | 4 | 1 | 1 | 11 |
| 4 | Braintree & District AC | 4 | 6 | 2 | 7 | 5 | 17 |
| 5 | Billericay Striders RC | 3 | 4 | 8 | 3 | 20 | 18 |
| 6 | East Essex Triathlon Club | 6 | 3 | 6 | 5 | 20 | 20 |
| 6 | Colchester & Tendring AC | 5 | 7 | 5 | 4 | 6 | 20 |
| 8 | Mid Essex Casuals | 9 | 8 | 7 | 6 | 4 | 25 |
| 9 | University of Essex | 7 | 20 | 20 | 20 | 20 | 67 |

| Pos | Club | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Total |
|-----|--------------------------|--------|--------|--------|--------|--------|-------|
| 1 | Phoenix Striders | 2 | 1 | 1 | 1 | 1 | 4 |
| 2 | Thrift Green Trotters | 1 | 4 | 3 | 2 | 3 | 9 |
| 3 | Pitsea Running Club | 5 | 2 | 2 | 5 | 4 | 13 |
| 4 | Mid Essex Casuals | 3 | 5 | 7 | 4 | 2 | 14 |
| 5 | Loughton AC | 10 | 6 | 4 | 3 | 6 | 19 |
| 6 | East Essex Tri Club | 6 | 3 | 20 | 7 | 7 | 23 |
| 7 | Braintree & District AC | 7 | 20 | 6 | 6 | 20 | 39 |
| 8 | Harlow AC | 9 | 20 | 5 | 8 | 20 | 42 |
| 9 | Colchester & Tendring AC | 8 | 20 | 20 | 20 | 5 | 53 |
| 10 | University of Essex | 4 | 20 | 20 | 20 | 20 | 64 |

Veteran Women

| Pos | Club | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Total |
|-----|---------------------------|--------|--------|--------|--------|--------|-------|
| 1 | Colchester Harriers AC | 11 | 1 | 2 | 1 | 2 | 6 |
| 2 | Southend-on-Sea AC | 2 | 2 | 3 | 2 | 1 | 7 |
| 3 | Springfield Striders RC | 4 | 6 | 6 | 5 | 4 | 19 |
| 4 | Chelmsford AC | 1 | 14 | 1 | 10 | 9 | 21 |
| 5 | Orion Harriers | 3 | 4 | 13 | 3 | 25 | 23 |
| 6 | Phoenix Striders | 6 | 9 | 7 | 6 | 6 | 25 |
| 7 | Ilford AC | 16 | 16 | 4 | 4 | 5 | 29 |
| 8 | Benfleet Running Club | 9 | 8 | 10 | 7 | 7 | 31 |
| 9 | Thrift Green Trotters | 17 | 10 | 15 | 8 | 3 | 36 |
| 10 | Braintree & District AC | 8 | 13 | 5 | 16 | 12 | 38 |
| 10 | Pitsea Running Club | 10 | 17 | 11 | 9 | 8 | 38 |
| 10 | Thurrock Harriers | 13 | 3 | 12 | 25 | 10 | 38 |
| 13 | Loughton AC | 7 | 12 | 9 | 11 | 25 | 39 |
| 14 | Billericay Striders RC | 5 | 7 | 20 | 14 | 25 | 46 |
| 15 | East Essex Triathlon Club | 14 | 5 | 17 | 13 | 25 | 49 |
| 15 | Havering AC | 15 | 11 | 8 | 25 | 15 | 49 |
| 17 | Colchester & Tendring AC | 12 | 18 | 16 | 12 | 14 | 54 |
| 18 | Mid Essex Casuals | 18 | 20 | 19 | 15 | 11 | 63 |
| 19 | Cambridge & Coleridge AC | 20 | 19 | 14 | 25 | 13 | 66 |
| 20 | Basildon AC | 19 | 15 | 18 | 25 | 25 | 77 |

Veteran Men

| Pos | Club | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Total |
|-----|--------------------------|--------|--------|--------|--------|--------|-------|
| 1 | Colchester Harriers AC | 1 | 1 | 1 | 2 | 1 | 4 |
| 2 | Orion Harriers | 2 | 2 | 3 | 1 | 3 | 8 |
| 3 | Havering AC | 3 | 3 | 2 | 3 | 2 | 10 |
| 4 | Ilford AC | 7 | 6 | 4 | 4 | 4 | 18 |
| 5 | Benfleet Running Club | 4 | 4 | 8 | 7 | 6 | 21 |
| 6 | Southend-on-Sea AC | 8 | 5 | 6 | 5 | 8 | 24 |
| 7 | Springfield Striders RC | 5 | 13 | 7 | 8 | 5 | 25 |
| 8 | Thurrock Harriers | 9 | 7 | 5 | 6 | 13 | 27 |
| 9 | Billericay Striders | 12 | 8 | 9 | 9 | 7 | 33 |
| 10 | Thrift Green Trotters | 6 | 17 | 11 | 10 | 11 | 38 |
| 11 | Phoenix Striders | 10 | 10 | 10 | 11 | 9 | 39 |
| 12 | Mid Essex Casuals | 13 | 11 | 17 | 15 | 10 | 49 |
| 13 | Basildon AC | 11 | 9 | 14 | 16 | 17 | 50 |
| 13 | Pitsea Running Club | 14 | 12 | 13 | 13 | 12 | 50 |
| 15 | Chelmsford AC | 16 | 14 | 15 | 14 | 14 | 57 |
| 16 | Loughton AC | 19 | 15 | 18 | 12 | 15 | 60 |
| 17 | East Essex Tri Club | 18 | 16 | 25 | 17 | 16 | 67 |
| 18 | Cambridge & Coleridge AC | 15 | 25 | 12 | 25 | 25 | 77 |
| 19 | Braintree & District AC | 17 | 25 | 16 | 25 | 25 | 83 |