

INDIVIDUAL POSITIONS BY AGE CATEGORY AFTER 4 RACES (Best 3 scores count)

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U13G	Abigail Ives	Basildon AC	3	1	U13B	Harry Parker	Thurrock Harriers	3
2	U13G	Martha Smith	Chelmsford AC	5	2	U13B	Max Godfrey	Cambridge & Coleridge AC	8
3	U13G	Georgia Tombs	Chelmsford AC	7	3	U13B	Ziggy Lambton	Colchester Harriers AC	10
4	U13G	Charlotte Pratt	Harlow AC	14	4	U13B	Joe Morgan	Harlow AC	13
5	U13G	Kierra Scott	Basildon AC	20	5	U13B	Daniel Houchell	Basildon AC	15
5	U13G	Sydney Foley	Havering AC	20	6	U13B	Alex Ford	Havering AC	16
7	U13G	Savanna Sirkett	Harlow AC	21	7	U13B	Finnlay Lowe	Thurrock Harriers	19
8	U13G	Hannah Bolton	Chelmsford AC	22	8	U13B	Kai Boggon	Harlow AC	26
9	U13G	Faye Sweeting	Chelmsford AC	23	9	U13B	Farris Patel	Ilford AC	28
10	U13G	Demi Eaves	Thurrock Harriers	24	10	U13B	Ben Sloan	Harlow AC	31
11	U13G	Holly Dowsett-Ward	Thurrock Harriers	28	11	U13B	Alfie Hutchinson	Chelmsford AC	35
12	U13G	Hollie Rex	Basildon AC	32	12	U13B	Sam Sloan	Harlow AC	44
12	U13G	Becci Leddy	Orion Harriers	32	13	U13B	George Hay	Southend-on-Sea AC	46
14	U13G	Sophie Wetheridge	Basildon AC	33	14	U13B	Jamie Mack	Thurrock Harriers	47
15	U13G	Rosie Shaw	Orion Harriers	35	14	U13B	Kyle Gill	East Essex Triathlon Club	47
16	U13G	Demi Briggs	Thurrock Harriers	37	16	U13B	Aiden Cahill	Braintree & District AC	55
17	U13G	Tia Cocca	Chelmsford AC	49	17	U13B	Henry Lay	Havering AC	56
18	U13G	Ellen Savidge	Harlow AC	58	18	U13B	Ben Naish	Havering AC	59
19	U13G	Annie Grannell	Havering AC	61	19	U13B	Henry Jones	Orion Harriers	69
19	U13G	Sophie Anderson	Southend-on-Sea AC	61	19	U13B	Scott Thomas	Chelmsford AC	69
21	U13G	Hannah Peacock	Thurrock Harriers	62	21	U13B	Dylan Harrid	Thurrock Harriers	72
22	U13G	Leah Brewer	Thurrock Harriers	65	22	U13B	Bradley Deacon	Ilford AC	75
23	U13G	Alice Atkins	Havering AC	71	23	U13B	Luke Chester	Havering AC	76
24	U13G	Jessica James	Havering AC	78	24	U13B	Thomas Woodward	Chelmsford AC	78
25	U13G	Emily Fall	Thurrock Harriers	79	25	U13B	Teddy Norcott	Thurrock Harriers	84
26	U13G	Robyn Bartholomew	Southend-on-Sea AC	86	26	U13B	Jordan Ryan	Havering AC	98
26	U13G	Rebecca O'Rourke	Havering AC	86	27	U13B	Sunny Vehit	Thurrock Harriers	99
28	U13G	Nicola Phelps	East Essex Triathlon Club	94	28	U13B	Timi McDaniel	Havering AC	110
29	U13G	Eve Smith	Orion Harriers	111	29	U13B	Casey Fletcher	Havering AC	111
					30	U13B	Reece Debenham	Havering AC	127

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U15G	Kate O'Neill	Havering AC	3	1	U15B	Joseph Owen	Orion Harriers	3
2	U15G	Amber Pullinger	Thurrock Harriers	6	2	U15B	Sonny Bastone	Colchester & Tendring AC	11
3	U15G	Joanna Rimmington	Southend-on-Sea AC	7	3	U15B	Lewis Harknett	Harlow AC	18
4	U15G	Jessica Mitchell	Havering AC	11	4	U15B	Sam Norris	Southend-on-Sea AC	21
5	U15G	Lottie Rowedder	Harlow AC	14	5	U15B	Joseph Clarke	Orion Harriers	24
6	U15G	Hayley Instance	Thurrock Harriers	19	6	U15B	Tom Stuttle	Southend-on-Sea AC	29
7	U15G	Helena Dyce	Cambridge & Coleridge AC	21	7	U15B	Danny Millward	Colchester Harriers AC	30
7	U15G	Sophie Rand	Havering AC	21	8	U15B	Zach Bridgeland	Chelmsford AC	32
9	U15G	Grace Goodall	Benfleet Running Club	23	8	U15B	Taylor Newell	Thurrock Harriers	32
10	U15G	Molly Sweetman	Havering AC	30	10	U15B	Jay Shotter	Orion Harriers	43
11	U15G	Zoe Rutter	Harlow AC	38	11	U15B	Max Caulfield	Colchester Harriers AC	49
12	U15G	Kiera Hornsby	Braintree & District AC	44	12	U15B	Harry Smith	Southend-on-Sea AC	55
13	U15G	Abbie Kerr	Braintree & District AC	45	13	U15B	Sam Atkins	Havering AC	57
14	U15G	Courtney Gordon	Braintree & District AC	46	14	U15B	Sarab Dhillon	Thurrock Harriers	60
14	U15G	Lucie Ball	Thurrock Harriers	46	15	U15B	Ben Prior	Thurrock Harriers	61
16	U15G	Jordan Hinds	Ilford AC	49	16	U15B	Ollie Randall	Southend-on-Sea AC	65
17	U15G	Abbey Rex	Basildon AC	51	16	U15B	Owen Harknett	Harlow AC	65
18	U15G	Aoibheann Pearce	Orion Harriers	52	18	U15B	Luke Gill	East Essex Triathlon Club	73
19	U15G	Genevieve Pate	Benfleet Running Club	62	19	U15B	Jamie Putt	Harlow AC	76
19	U15G	Annilie Cole	Orion Harriers	62	20	U15B	Henri Willett	Thurrock Harriers	80
21	U15G	Grace Burrell	Basildon AC	66	21	U15B	Alex Friend	Havering AC	81
21	U15G	Molly Bath	Havering AC	66	22	U15B	Mason Hambleton	Thurrock Harriers	82
23	U15G	Catherine Barker	Havering AC	70	23	U15B	James Wright	Basildon AC	84
24	U15G	Ellisa Baggott	Colchester & Tendring AC	80	24	U15B	Sam Wheatley	Southend-on-Sea AC	90
25	U15G	Chloe Morter	Havering AC	86	24	U15B	Saul Ashon	Orion Harriers	90
26	U15G	Hannah Mickleburgh-Gardha	Benfleet Running Club	87	26	U15B	Joseph Boden	Colchester Harriers AC	91
27	U15G	Emma Gadsdon	Colchester & Tendring AC	97	27	U15B	Freddie Richardson	Colchester & Tendring AC	96
28	U15G	Kate Walker	Havering AC	98	28	U15B	William Jones	Orion Harriers	98
29	U15G	Charlotte Grant	Orion Harriers	101	29	U15B	Jack Halil	Ilford AC	118

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U17W	Sinead Clark	Benfleet Running Club	5	1	U17M	Ahmed Abdulle	Ilford AC	4
2	U17W	Rachel Broome	Chelmsford AC	9	2	U17M	Ben Davis	Havering AC	16
3	U17W	Niamh Smith	Basildon AC	18	3	U17M	Ben Miller	Colchester & Tendring AC	18
4	U17W	Jemima Walker	Basildon AC	21	4	U17M	Mason Webb	Basildon AC	19
5	U17W	Lydia Callan	Chelmsford AC	23	5	U17M	Gus Withers	Basildon AC	22
6	U17W	Emma Perks	Chelmsford AC	26	6	U17M	Joe Patterson	Colchester & Tendring AC	23
7	U17W	Mary Ann Deasy	Colchester & Tendring AC	37	7	U17M	George Day	Orion Harriers	25
8	U17W	Megan Rapley	Basildon AC	41	8	U17M	Jordan Denyer	Chelmsford AC	31
9	U17W	Georgina Sturgeon	Colchester & Tendring AC	48	9	U17M	Jodi Meredith	Thurrock Harriers	34
10	U17W	Georgia Phillips	Havering AC	55	9	U17M	Jordan Christotmou	Orion Harriers	34
11	U17W	Megan Cross	Basildon AC	60	9	U17M	Owen Thomas	Chelmsford AC	34
12	U17W	Emily James	Havering AC	67	12	U17M	Toby Wright	Southend-on-Sea AC	36
					13	U17M	Josh Iton	Orion Harriers	47
1	U20W	Megan Williams	Chelmsford AC	16	13	U17M	Sam Smith	Thurrock Harriers	47
2	U20W	Sarah Wilson	Havering AC	28	15	U17M	Matt Norris	Southend-on-Sea AC	57
3	U20W	Isabella Woods	Havering AC	31	15	U17M	Oliver Mann	Thurrock Harriers	57
4	U20W	Serena Espeute	Orion Harriers	45	17	U17M	Mike Hodges	Southend-on-Sea AC	59
					17	U17M	Christian Barker	Harlow AC	59
					19	U17M	Oliver Morter	Havering AC	62
					19	U17M	Joe Logan	Thurrock Harriers	62
					21	U17M	Tom Muers	East Essex Triathlon Club	63
					22	U17M	James Stewart	Havering AC	72
					23	U17M	Oliver Bath	Havering AC	78
					24	U17M	Harry Tullett	Chelmsford AC	80
					25	U17M	Conor Culham	Braintree & District AC	81
					26	U17M	William Gray	Chelmsford AC	82
					27	U17M	Alex Smith	Chelmsford AC	85
					28	U17M	Kieran O'Hara	Havering AC	96

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	SW	Gemma Barry	Chelmsford AC	21	1	U20	Darren Blackwell	Chelmsford AC	58
2	SW	Rebecca Luxton	Chelmsford AC	26	2	U20	Adam Jordan	Southend-on-Sea AC	82
3	SW	Rebecca Cole	Chelmsford AC	29	3	U20	Dan Ashley	Basildon AC	87
3	SW	Mestawot Debele	Orion Harriers	29	4	U20	Christian Gray	Basildon AC	93
5	SW	Louise Douglass	Basildon AC	38	5	U20	Ben Patterson	Orion Harriers	108
6	SW	Anna Granger	Chelmsford AC	47	6	U20	Thomas Young	Orion Harriers	117
7	SW	Rebecca Cooke	Colchester Harriers AC	55	7	U20	James Hiscock	Benfleet Running Club	142
8	SW	Lacey Bareham	Colchester & Tendring AC	58	8	U20	Mat Braybrook	Havering AC	159
9	SW	Sarah Pennington	Southend-on-Sea AC	69	9	U20	Ryan Creasy	Benfleet Running Club	177
9	SW	Charlotte Bishop	Basildon AC	69	10	U20	Abdul Mohamed	Havering AC	218
11	SW	Ella Neale	Colchester Harriers AC	77	11	U20	Eddy Cooper	Benfleet Running Club	238
12	SW	Katie Wilkinson	Benfleet Running Club	115	12	U20	Donald Campbell	Harlow AC	245
13	SW	Holly Gillard	Southend-on-Sea AC	119	13	U20	Steve Davis	Basildon AC	248
14	SW	Danielle Hughes	Phoenix Striders	161	14	U20	Joe Payne	Basildon AC	330
15	SW	Vicki Calleja	Thrift Green Trotters	224					
	SW	Roma Sands	Phoenix Striders	257	1	SM	Grant Webb	Basildon AC	8
					2	SM	Tom Gardner	Ilford AC	12
1	W35	Sarah Stradling	Colchester Harriers AC	9	3	SM	Mark Sanford	Chelmsford AC	14
2	W35	Sally Judd	Chelmsford AC	18	4	SM	Tristan Windley	Springfield Striders RC	19
3	W35	Claire Cornwell	Southend-on-Sea AC	23	5	SM	Rob Warner	Havering AC	20
4	W35	Wendy King	Chelmsford AC	43	6	SM	Matt Granger	Chelmsford AC	22
5	W35	Tracy English	Southend-on-Sea AC	57	7	SM	Chris Sellens	Colchester Harriers AC	27
6	W35	Anne Jenkinson	Southend-on-Sea AC	68	8	SM	Carwyn Jones	Colchester Harriers AC	32
7	W35	Natasha Lagden	Southend-on-Sea AC	69	9	SM	Jack Stroud	Orion Harriers	38
8	W35	Toni Noble	Thurrock Harriers	71	9	SM	Daz Farrugia	Colchester Harriers AC	38
9	W35	Hayley Rogerson	Orion Harriers	96	11	SM	Brian Jenkins	Orion Harriers	53
10	W35	Kasia Kostyrka	Southend-on-Sea AC	112	12	SM	Ian Clark	Orion Harriers	58
11	W35	Marijke Van Eetvelde	Thrift Green Trotters	119	13	SM	Paul Grange	Havering AC	68
12	W35	Hayley Barron	Orion Harriers	132	14	SM	James Smith	Springfield Striders RC	76
13	W35	Tamsin Davies	Phoenix Striders	141	14	SM	Kurtis Swan	Billericay Striders RC	76
14	W35	Debbielyn Hallam	Southend-on-Sea AC	155	16	SM	Ben Hall	Orion Harriers	78
15	W35	Mandy Wetheridge	Basildon AC	156	17	SM	Neil McGoun	Orion Harriers	95
16	W35	Collette Frampton	Southend-on-Sea AC	157	18	SM	Lee Baynton	East Essex Triathlon Club	109
17	W35	Kirsty Williams	Springfield Striders RC	174	19	SM	Callum Wallace	Southend-on-Sea AC	125
18	W35	Jo Ling	Billericay Striders RC	188	20	SM	Jason Crispin	Havering AC	142
19	W35	Maureen Lear	Havering AC	190	21	SM	James Williams	Chelmsford AC	158
20	W35	Claire Kay	Phoenix Striders	224	22	SM	Dave Wilson	Orion Harriers	238
21	W35	Lynne Culham	Braintree & District AC	273	23	SM	Adam Colgrave	Chelmsford AC	246
					24	SM	Marc Hills	Thrift Green Trotters	266
1	W45	Margaret Deasy	Colchester & Tendring AC	32	25	SM	Keith Martin	Thurrock Harriers	278

2	W45	Denise Morley	Colchester Harriers AC	42	25	SM	Tim Martin	Thurrock Harriers	278
3	W45	Joanna Smith	Chelmsford AC	71	27	SM	Tim Freeland	Orion Harriers	291
4	W45	Jodie Farrell	Thurrock Harriers	103	28	SM	Tony Collins	Havering AC	356
5	W45	Jane Bramble	East Essex Triathlon Club	108	29	SM	Chris Footer	Phoenix Striders	385
6	W45	Lorna Gaffney	Loughton AC	114	30	SM	Lewis Dorling	Phoenix Striders	437
7	W45	Vanessa Mathers	Southend-on-Sea AC	116					
8	W45	Mary Armitage	Orion Harriers	121	1	V40	Adrian Mussett	Colchester Harriers AC	4
9	W45	Nicola Hopkinson	Ilford AC	127	2	V40	Barnaby Foot	Orion Harriers	57
10	W45	Laura Pettifer	Mid Essex Casuals	146	2	V40	Steve Rand	Havering AC	57
11	W45	Debbie Smith	Phoenix Striders	184	4	V40	Lee Taylor	Southend-on-Sea AC	84
11	W45	Annette Johnson	Benfleet Running Club	184	5	V40	Mark Dillion	Orion Harriers	85
13	W45	Jo Whiffen	Loughton AC	187	6	V40	Mark Harrod	Colchester Harriers AC	93
14	W45	Mandy Cooper	Benfleet Running Club	188	7	V40	Matt Bland	Havering AC	99
15	W45	Beryl De Smedt	Phoenix Striders	196	8	V40	Stuart Raven	Springfield Striders RC	123
16	W45	Terri Howe	Pitsea Running Club	203	9	V40	Colin Read	Orion Harriers	136
16	W45	Elizabeth Cahill	Braintree & District AC	203	10	V40	Terry Spooner	Benfleet Running Club	144
18	W45	Tracy O'Neill	Havering AC	206	11	V40	Allen Smalls	Colchester Harriers AC	146
19	W45	Laura Williams	Benfleet Running Club	208	12	V40	Graham Booty	Benfleet Running Club	150
20	W45	Lynsey Gray	Phoenix Striders	215	13	V40	Paul Rodgers	Colchester Harriers AC	152
21	W45	Debra Pumfrett	Phoenix Striders	225	14	V40	Martin Chester	Havering AC	153
					15	V40	Andy Low	Benfleet Running Club	166
1	W55	Breege Nordin	Ilford AC	96	16	V40	Keith Willett	Thurrock Harriers	171
2	W55	Wendy Read	Billericay Striders RC	141	17	V40	Giles Hopkinson	Orion Harriers	176
3	W55	Valerie Sinclair	Pitsea Running Club	211	18	V40	Adrian Smith	Orion Harriers	180
4	W55	Teresa Flannigan	Pitsea Running Club	213	19	V40	Kevin Wotton	Ilford AC	202
5	W55	Sue Vine	Phoenix Striders	242	20	V40	James Champion	Southend-on-Sea AC	252
					21	V40	Adam Baker	Orion Harriers	263
					22	V40	Carl Easton	Phoenix Striders	267
					23	V40	Russ Middleton	Havering AC	280
					24	V40	John Byford	Springfield Striders RC	302
					25	V40	Matt Stenning	Billericay Striders RC	306
					26	V40	Steve Walker	Havering AC	314
					27	V40	Al Monte	Southend-on-Sea AC	322
					28	V40	David Findlay	Basildon AC	330
					29	V40	Ian Pike	Benfleet Running Club	332
					30	V40	Simon Morgan	Colchester Harriers AC	359
					31	V40	Matt Gillard	Southend-on-Sea AC	376
					32	V40	Ian Glover	Southend-on-Sea AC	392
					33	V40	Martin Orford	Phoenix Striders	408
					1	V50	Colin Ridley	Colchester Harriers AC	100
					2	V50	Paul Spowage	Colchester Harriers AC	140

3	V50	Alec Kyriakides	Southend-on-Sea AC	180
4	V50	Peter West	Colchester Harriers AC	187
5	V50	Chris Purse	Springfield Striders RC	195
6	V50	Don Lawless	Thurrock Harriers	206
7	V50	Paul Berrett	Havering AC	212
8	V50	Neil Crisp	Ilford AC	216
9	V50	Eamonn Shelley	Thurrock Harriers	232
10	V50	Nick Rankin	Benfleet Running Club	242
11	V50	John Metcalfe	Thurrock Harriers	249
12	V50	Keith Thornton	Thrift Green Trotters	273
13	V50	Steve Foggo	Billericay Striders RC	317
14	V50	Trevor Horncastle	Phoenix Striders	359
15	V50	Kevin Kirby	Chelmsford AC	369
16	V50	Stephen Burton	Benfleet Running Club	372
17	V50	Andrew Dodd	Orion Harriers	385
18	V50	Dave Lane	Phoenix Striders	387
19	V50	Paul Williams	Orion Harriers	411
20	V50	Richard Bullis	Basildon AC	428
21	V50	Don Sinclair	Pitsea Running Club	438
22	V50	James Russell	Pitsea Running Club	453
23	V50	Peter McLaughlin	Pitsea Running Club	455
24	V50	Dave Girt	Southend-on-Sea AC	465
25	V50	Eddie Mills	Phoenix Striders	466
26	V50	Kim Vinicombe	Phoenix Striders	474
27	V50	Stephen Williams	Chelmsford AC	481
1	V60	Andy Catton	Ilford AC	309
2	V60	Tony Nixon	Ilford AC	319
3	V60	Mick Bumstead	Thurrock Harriers	320
4	V60	Peter Binns	Southend-on-Sea AC	341
5	V60	Ted Skinner	Ilford AC	425
6	V60	Brian Butcher	Mid Essex Casuals	431
7	V60	Keith Walker	Billericay Striders RC	433
8	V60	David Game	Mid Essex Casuals	461
9	V60	David Hobbs	Loughton AC	476