



Essex Cross Country League (4)

Sponsored by

Epping Forest, Chingford

U13 Girls

02/01/2016

Pos	Name	Team	Time
1	Abigail Ives	Basildon AC	12: 24
2	Georgia Tombs	Chelmsford AC	31
3	Martha Smith	Chelmsford AC	49
4	Sydney Foley	Havering AC	13: 15
5	Faye Sweeting	Chelmsford AC	20
6	Charlotte Pratt	Harlow AC	22
7	Sarah Blockley	Thurrock Harriers	23
8	Demi Eaves	Thurrock Harriers	38
9	Kierra Scott	Basildon AC	52
10	Rosie Shaw	Orion Harriers	14: 03
11	Sophie Wetheridge	Basildon AC	08
12	Savanna Sirkett	Harlow AC	08
13	Hannah Bolton	Chelmsford AC	09
14	Lily Bath	Havering AC	12
15	Alice Brown	Havering AC	18
16	Annie Grannell	Havering AC	19
17	Tia Cocca	Chelmsford AC	41
18	Alice Atkins	Havering AC	46
19	Hannah Yexley	Havering AC	15: 15
20	Laila Melbrate	Orion Harriers	21
21	Ellen Savidge	Harlow AC	39
22	Lauryn Wood	Discovery Triathlon Club	44
23	Jessica James	Havering AC	16: 01
24	Leah Brewer	Thurrock Harriers	05
25	Rebecca O'Rourke	Havering AC	06
26	Becci Leddy	Orion Harriers	11
27	Hannah Johnson	Havering AC	14
28	Emily Fall	Thurrock Harriers	24
29	Hannah Peacock	Thurrock Harriers	24
30	Rebecca Nath	Orion Harriers	25
31	Georgia Middleton	Southend-on-Sea AC	28
32	Jessie Collier	Havering AC	30
33	Robyn Bartholomew	Southend-on-Sea AC	33
34	Mari Malcolm	Harlow AC	17: 07
35	Hannah Rogers	Colchester Harriers AC	39
36	Francesca Willaimson	Colchester Harriers AC	20: 37
37	Eve Smith	Orion Harriers	21: 24

Teams	
1 Chelmsford AC	23
2 Havering AC	49
3 Thurrock Harriers	67
4 Harlow AC	73
5 Orion Harriers	86
6 Basildon AC	21 (3)
7 Southend-on-Sea AC	64 (2)
8 Colchester Harriers AC	71 (2)
9 Discovery Triathlon Club	22 (1)

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U13 Boys

02/01/2016

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Ziggy Lambton	Colchester Harriers AC	11: 48	41	Evan Johnstone	Ilford AC	39
2	Max Godfrey	Cambridge & Coleridge AC	12: 02	42	Jake Long	Havering AC	47
3	Joe Morgan	Harlow AC	08	43	Daniel Mayes	East Essex Triathlon Club	51
4	Alex Ford	Havering AC	15	44	Luca Johns	Discovery Triathlon Club	58
5	Daniel Houchell	Basildon AC	18	45	William Mayes	East Essex Triathlon Club	16: 27
6	Farris Patel	Ilford AC	24				
7	Matthew Warner	Southend-on-Sea AC	25				
8	Ben Sloan	Harlow AC	30				
9	Finnlay Lowe	Thurrock Harriers	36				
10	Luca Minns	Orion Harriers	38				
11	Sam Sloan	Harlow AC	48				
12	Kyle Gill	East Essex Triathlon Club	55				
13	Alfie Hutchinson	Chelmsford AC	59				
14	Jamie Mack	Thurrock Harriers	13: 08				
15	Henry Lay	Havering AC	11				
16	George Hay	Southend-on-Sea AC	20				
17	Bradley Deacon	Ilford AC	21				
18	Scott Thomas	Chelmsford AC	22				
19	Matthew Hick	Ilford AC	26				
20	Richard Read	Orion Harriers	27				
21	Thomas Woodward	Chelmsford AC	31				
22	Henry Jones	Orion Harriers	32				
23	Teddy Norcott	Thurrock Harriers	34				
24	Ben Naish	Havering AC	39				
25	Dylan Harrid	Thurrock Harriers	41				
26	Dominic Jarvis	Havering AC	46				
27	Luke Chester	Havering AC	52				
28	Seb Poskett-Richardson	Southend-on-Sea AC	58				
29	Aiden Cahill	Braintree & District AC	14: 01				
30	Casey Fletcher	Havering AC	15				
31	Tom Woodward	Discovery Triathlon Club	27				
32	Sunny Vehit	Thurrock Harriers	32				
33	Oliver Yexley	Havering AC	34				
34	Timi McDaniel	Havering AC	51				
35	Reece Debenham	Havering AC	53				
36	Charlie Knowles	Cambridge & Coleridge AC	58				
37	Jordan Ryan	Havering AC	15: 03				
38	Onyeka Okoh	Chelmsford AC	11				
39	Oliver Allison	Southend-on-Sea AC	31				
40	Freddie Tall	Southend-on-Sea AC	35				

Teams		
1	Havering AC	69
2	Thurrock Harriers	71
3	Ilford AC	83
4	Chelmsford AC	90
5	Southend-on-Sea AC	90
6	Harlow AC	22 (3)
7	Orion Harriers	52 (3)
8	East Essex Triathlon Club	100 (3)
9	Cambridge & Coleridge AC	38 (2)
10	Discovery Triathlon Club	75 (2)
11	Colchester Harriers AC	1 (1)
12	Basildon AC	5 (1)
13	Braintree & District AC	29 (1)

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Essex Cross Country League (4)

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<u>Epping Forest, Chingford</u>			<u>U15 Girls</u>		<u>02/01/2016</u>			
Pos	Name	Team	Time		Teams			
1	Amber Pullinger	Thurrock Harriers	17:	03	1	Havering AC		20
2	Kate O'Neill	Havering AC		08	2	Orion Harriers		75
3	Jessica Mitchell	Havering AC		13	2	Thurrock Harriers		17 (3)
4	Lottie Rowedder	Harlow AC		32	4	Benfleet Running Club		51 (3)
5	Hayley Instance	Thurrock Harriers		51	5	Harlow AC		29 (2)
6	Sophie Rand	Havering AC	18:	28	6	Braintree & District AC		41 (2)
7	Helena Dyce	Cambridge & Coleridge AC	19:	00	7	Basildon AC		43 (2)
8	Grace Goodall	Benfleet Running Club		01	8	Colchester & Tendring AC		51 (2)
9	Molly Sweetman	Havering AC		02	9	Cambridge & Coleridge AC		7 (1)
10	Hannah Smith	Chelmsford AC		22	10	Chelmsford AC		10 (1)
11	Lucie Ball	Thurrock Harriers		23	11	Ilford AC		12 (1)
12	Jordan Hinds	Ilford AC		26	12	Southend-on-Sea AC		22 (1)
13	Aoibheann Pearce	Orion Harriers		32				
14	Molly Bath	Havering AC		36				
15	Annilie Cole	Orion Harriers	20:	00				
16	Catherine Barker	Havering AC		22				
17	Genevieve Pate	Benfleet Running Club		33				
18	Scarlet Pochet	Orion Harriers		36				
19	Grace Burrell	Basildon AC		51				
20	Kiera Hornsby	Braintree & District AC		54				
21	Abbie Kerr	Braintree & District AC		57				
22	Juliette LeMare	Southend-on-Sea AC		59				
23	Ellisa Baggott	Colchester & Tendring AC	21:	11				
24	Ella Findlay	Basildon AC		35				
25	Eilidh Malcolm	Harlow AC		37				
26	Hannah Mickleburgh-Gardham	Benfleet Running Club		58				
27	Chloe Morter	Havering AC	22:	13				
28	Emma Gadsdon	Colchester & Tendring AC		25				
29	Charlotte Grant	Orion Harriers	23:	22				
30	Kate Walker	Havering AC	26:	20				



Essex Cross Country League (4)

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Epping Forest, Chingford U15 Boys 02/01/2016

Pos	Name	Team	Time	Teams	
1	Joseph Owen	Orion Harriers	15: 36	1 Orion Harriers	33
2	Jack Rice	Havering AC	44	2 Southend-on-Sea AC	58
3	Leon Wheeler	Thurrock Harriers	51	3 Havering AC	59
4	Sam Norris	Southend-on-Sea AC	55	4 Thurrock Harriers	78
5	Mungo Prior	Ilford AC	16: 13	5 Colchester Harriers AC	45 (3)
6	Unknown	Unknown	18	6 Harlow AC	54 (3)
7	Lewis Harknett	Harlow AC	19	7 Ilford AC	39 (2)
8	Danny Millward	Colchester Harriers AC	36	8 Basildon AC	48 (2)
9	Joseph Clarke	Orion Harriers	39	9 Chelmsford AC	19 (1)
10	James Wood	Orion Harriers	45	10 Colchester & Tendring AC	21 (1)
11	Sam Atkins	Havering AC	49	11 East Essex Triathlon Club	29 (1)
12	Max Caulfield	Colchester Harriers AC	51		
13	Jay Shotter	Orion Harriers	53		
14	Joe Rowson	Guest (Enfield & H)	55		
15	Tom Stuttle	Southend-on-Sea AC	17: 08		
16	Harry Smith	Southend-on-Sea AC	09		
17	Jamie Putt	Harlow AC	11		
18	Oliver Woods	Havering AC	16		
19	George Joslin	Chelmsford AC	30		
20	Ben Prior	Thurrock Harriers	37		
21	Freddie Richardson	Colchester & Tendring AC	47		
22	James Wright	Basildon AC	18: 04		
23	Ollie Randall	Southend-on-Sea AC	05		
24	Henri Willett	Thurrock Harriers	09		
25	Alex Williamson	Colchester Harriers AC	13		
26	George Hill	Basildon AC	18		
27	Sam Wheatley	Southend-on-Sea AC	19		
28	Alex Friend	Havering AC	20		
29	Luke Gill	East Essex Triathlon Club	26		
30	Owen Harknett	Harlow AC	33		
31	Mason Hambleton	Thurrock Harriers	28		
32	Saul Ashon	Orion Harriers	43		
33	William Jones	Orion Harriers	47		
34	Jack Halil	Ilford AC	58		
35	Billy Fox	Havering AC	21: 34		

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Essex Cross Country League (4)

<u>Epping Forest, Chingford</u>			<u>U17/20 Women</u>		<u>02/01/2016</u>			
Pos	Age	Name	Team	Time		Teams		
1	U17	Khahisa Mhlanga	Chelmsford AC	22	45	1	Chelmsford AC	15
2	U17	Sinead Clark	Benfleet Running Club	24	22	2	Havering AC	46
3	U17	Rachel Broome	Chelmsford AC		25	3	Orion Harriers	37 (3)
4	U17	Niamh Smith	Basildon AC	25	06	4	Colchester & Tendring AC	22 (2)
5	U20	Megan Williams	Chelmsford AC		07	5	Benfleet Running Club	2 (1)
6	U17	Lydia Callan	Chelmsford AC	26	33	6	Basildon AC	4 (1)
7	U20	Sarah Wilson	Havering AC		38	7	Southend-on-Sea AC	10 (1)
8	U20	Isabella Woods	Havering AC		49			
9	U17	Mary Ann Deasy	Colchester & Tendring AC		59			
10	U20	Annabel Matthews-Smith	Southend-on-Sea AC	27	09			
11	U20	Serena Espeute	Orion Harriers	28	20			
12	U17	Katie Inch	Orion Harriers	29	30			
13	U17	Georgina Sturgeon	Colchester & Tendring AC	30	02			
14	U20	Madeleine Carr	Orion Harriers		23			
15	U17	Georgia Phillips	Havering AC		36			
16	U17	Emily James	Havering AC	33	08			

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Epping Forest, Chingford

U17 Men

02/01/2016

Pos	Name	Team	Time	Teams	Time
1	Ahmed Abdulle	Ilford AC	24: 52	1 Orion Harriers	23
2	Daniel Richards	Orion Harriers	25: 49	2 Havering AC	51
3	Ben Davis	Havering AC	55	3 Chelmsford AC	64
4	George Day	Orion Harriers	26: 21	4 Thurrock Harriers	42 (3)
5	Jordan Christotmou	Orion Harriers	35	5 Colchester & Tendring AC	15 (2)
6	Ben Miller	Colchester & Tendring AC	27: 02	6 East Essex Triathlon Club	27 (2)
7	Owen Thomas	Chelmsford AC	14	7 Braintree & District AC	38 (2)
8	Jordan Denyer	Chelmsford AC	30	8 Ilford AC	1 (1)
9	Joe Patterson	Colchester & Tendring AC	37	9 Southend-on-Sea AC	19 (1)
10	Sam Smith	Thurrock Harriers	28: 03	10 Harlow AC	22 (1)
11	Adam Harley	East Essex Triathlon Club	11		
12	Eden Coleman	Orion Harriers	15		
13	Oliver Bath	Havering AC	19		
14	Lewis Debenham	Havering AC	26		
15	Joe Logan	Thurrock Harriers	39		
16	Tom Muers	East Essex Triathlon Club	40		
17	Oliver Mann	Thurrock Harriers	41		
18	Joshua Mulley	Braintree & District AC	59		
19	Matt Norris	Southend-on-Sea AC	29: 06		
20	Conor Culham	Braintree & District AC	09		
21	James Stewart	Havering AC	24		
22	Christian Barker	Harlow AC	37		
23	Alex Smith	Chelmsford AC	30: 10		
24	Oliver Morter	Havering AC	20		
25	Kieran O'Hara	Havering AC	38		
26	William Gray	Chelmsford AC	32: 16		



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<u>Epping Forest, Chingford</u>			<u>Senior Women</u>	<u>02/01/2016</u>	
Pos	Age	Name	Team	Time	Teams (4 to score)
1	U17	Jodie Judd	Chelmsford AC	27: 15	1 Chelmsford AC 13
2	W35	Sarah Stradling	Colchester Harriers AC	: 39	2 Colchester Harriers AC 39
3	W35	Sally Judd	Chelmsford AC	28: 46	3 Southend-on-Sea AC 72
4	SW	Rebecca Luxton	Chelmsford AC	29: 17	4 Orion Harriers 100
5	SW	Gemma Barry	Chelmsford AC	: 25	5 Ilford AC 131
6	SW	Alice Tennant	Guest	: 30	6 Benfleet Running Club 133
7	SW	Claire Thurgood	Orion Harriers	: 39	7 Springfield Striders RC 189
8	SW	Anna Granger	Chelmsford AC	: 57	8 Phoenix Striders 196
9	SW	Louise Douglass	Basildon AC	30: 12	9 Thrift Green Trotters 233
10	W45	Denise Morley	Colchester Harriers AC	: 14	10 Pitsea Running Club 247
11	W45	Margaret Deasy	Colchester & Tendring AC	31: 11	11 Basildon AC 21 (2)
12	SW	Emily Bullis	Basildon AC	: 24	12 Billericay Striders RC 67 (2)
13	W45	Debbie Cattermole	Colchester Harriers AC	: 34	13 Loughton AC 82 (2)
14	SW	Rebecca Cooke	Colchester Harriers AC	: 40	14 Colchester & Tendring AC 11 (1)
15	W35	Tracy English	Southend-on-Sea AC	: 45	15 East Essex Triathlon Club 29 (1)
16	W35	Natasha Lagden	Southend-on-Sea AC	: 49	16 Mid Essex Casuals 44 (1)
17	SW	Elizabeth Peterson	Benfleet Running Club	32: 28	17 Braintree & District AC 63 (1)
18	SW	Ella Neale	Colchester Harriers AC	: 32	
19	W45	Joanna Smith	Chelmsford AC	: 41	
20	W35	Anne Jenkinson	Southend-on-Sea AC	: 59	
21	SW	Sarah Pennington	Southend-on-Sea AC	33: 12	
22	SW	Jenni Sheehan	Ilford AC	: 19	
23	W55	Breege Nordin	Ilford AC	: 31	
24	SW	Holly Gillard	Southend-on-Sea AC	: 32	
25	W35	Kasia Kostyrka	Southend-on-Sea AC	: 33	
26	SW	Jo Martin	Colchester Harriers AC	: 39	
27	SW	Katie Wilkinson	Benfleet Running Club	34: 28	
28	SW	Laura Almond	Billericay Striders RC	: 45	
29	W45	Jane Bramble	East Essex Triathlon Club	: 46	
30	W45	Mary Armitage	Orion Harriers	: 48	
31	W35	Hayley Barron	Orion Harriers	35: 14	
32	W35	Lorraine Gosling	Orion Harriers	: 20	
33	W45	Lorna Gaffney	Loughton AC	: 36	
34	W35	Marijke Van Eetvelde	Thrift Green Trotters	: 53	
35	W45	Nicola Hopkinson	Ilford AC	: 57	
36	W35	Tamsin Davies	Phoenix Striders	36: 08	
37	W45	Pippa Dowswell	Orion Harriers	: 14	
38	SW	Esther Campbell	Orion Harriers	: 18	
39	W55	Wendy Read	Billericay Striders RC	: 44	
40	W35	Debbielyn Hallam	Southend-on-Sea AC	37: 23	
41	W35	Kelly McClenaghan	Benfleet Running Club	: 24	
42	W45	Sharon Bannister	Springfield Striders RC	: 41	
43	SW	Hayley Stilwell	Orion Harriers	38: 02	
44	W45	Laura Pettifer	Mid Essex Casuals	: 03	
45	W35	Liz Maidment	Orion Harriers	: 11	

Veteran Team Result (3 to score)

1	Colchester Harriers AC	25
2	Southend-on-Sea AC	51
3	Orion Harriers	108
4	Ilford AC	127
5	Springfield Striders RC	135
6	Phoenix Striders	143
7	Benfleet Running Club	145
7	Thrift Green Trotters	165
9	Pitsea Running Club	189
10	Chelmsford AC	22 (2)
11	Loughton AC	82 (2)
12	Colchester & Tendring AC	11 (1)
13	East Essex Triathlon Club	29 (1)
14	Billericay Striders RC	39 (1)
15	Mid Essex Casuals	44 (1)
16	Braintree & District AC	63 (1)

Pos	Age	Name	Team	Time
46	W35	Kirsty Williams	Springfield Striders RC	: 18
47	W35	Karen Chapman	Springfield Striders RC	: 25
48	W45	Annette Johnson	Benfleet Running Club	: 37
49	W45	Jo Whiffen	Loughton AC	: 45
50	W35	Collette Frampton	Southend-on-Sea AC	: 53
51	SW	Rachel Halpin	Ilford AC	: 59
52	W45	Maxine Seward	Phoenix Striders	39: 27
53	SW	Danielle Hughes	Phoenix Striders	: 28
54	W45	Alison Gillan	Springfield Striders RC	40: 05
55	W45	Debbie Smith	Phoenix Striders	: 28
56	W45	Mandy Cooper	Benfleet Running Club	: 39
57	W45	Beryl De Smedt	Phoenix Striders	41: 00
58	W45	Debra Pumfrett	Phoenix Striders	: 03
59	W45	Terri Howe	Pitsea Running Club	: 11
60	W55	Valerie Sinclair	Pitsea Running Club	: 20
61	W45	Laura Williams	Benfleet Running Club	: 42
62	W55	H Williams	Pitsea Running Club	: 49
63	W45	Elizabeth Cahill	Braintree & District AC	42: 02
64	W45	Joanne Day	Thrift Green Trotters	: 20
65	W55	Julia Galea	Ilford AC	: 35
66	W55	Teresa Flannigan	Pitsea Running Club	: 38
67	W35	Clare Hills	Thrift Green Trotters	: 47
68	SW	Vicki Calleja	Thrift Green Trotters	: 53
69	W45	Doris Gaga	Ilford AC	: 56
70	W35	A Smith	Pitsea Running Club	43: 01
71	W35	Jenny Wiggins	Orion Harriers	: 26
72	W55	Gill Scott	Orion Harriers	44: 07
73	W55	G Harrison	Pitsea Running Club	: 18
74	SW	Vicki Robins	Springfield Striders RC	: 24
75	W55	Sue Vine	Phoenix Striders	: 52
76	SW	Laura Parish	Thrift Green Trotters	45: 25
77	SW	Gemma Jones	Phoenix Striders	: 28
78	SW	Pippa Piperdy	Phoenix Striders	: 29
79	W45	Lynsey Gray	Phoenix Striders	: 39
80	SW	Roma Sands	Phoenix Striders	: 43
81	W35	Shaesta Khan	Orion Harriers	47: 41
82	SW	Natalie Gorham	Phoenix Striders	51: 39
83	W65	Linda Bates	Pitsea Running Club	59: 25

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Essex Cross Country League (4)

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<u>Epping Forest, Chingford</u>			<u>Senior Men</u>	<u>02/01/2016</u>		
Pos	Age	Name	Team	Time	Teams	
1	SM	Grant Webb	Basildon AC	27: 48	1 Havering AC	129
2	SM	Angus Holford	Guest	: 51	2 Colchester Harriers AC	129
3	U20	Ross Tennant	Cambridge & Coleridge AC	: 54	3 Southend-on-Sea AC	152
4	SM	Mark Sanford	Chelmsford AC	28: 34	4 Orion Harriers	160
5	SM	Matt Granger	Chelmsford AC	: 41	5 Ilford AC	205
6	SM	Carwyn Jones	Colchester Harriers AC	: 51	6 Benfleet Running Club	359
7	SM	Tom Gardner	Ilford AC	29: 02	7 Basildon AC	386
8	SM	Chris Sellens	Colchester Harriers AC	: 08	8 Chelmsford AC	396
9	SM	Rob Warner	Havering AC	: 12	9 Springfield Striders RC	399
10	SM	Oliver Kyriakides	Southend-on-Sea AC	: 32	10 Thurrock Harriers	401
11	SM	Daz Farrugia	Colchester Harriers AC	: 47	11 Billericay Striders RC	494
12	U20	Darren Blackwell	Chelmsford AC	: 49	12 Phoenix Striders	702
13	U20	Joe Ray	Southend-on-Sea AC	: 54	13 Thrift Green Trotters	536 (5)
14	SM	Blair McWhirter	Ilford AC	30: 03	14 Loughton AC	477 (4)
15	SM	Paul Grange	Havering AC	: 13	15 Mid Essex Casuals	539 (4)
16	V40	Barnaby Foot	Orion Harriers	: 20	16 Pitsea Running Club	611 (4)
17	SM	Richard Park	Cambridge & Coleridge AC	: 24	17 Braintree & District AC	245 (3)
18	SM	Steve Rand	Havering AC	: 26	18 Cambridge & Coleridge AC	20 (2)
19	V40	Lee Taylor	Southend-on-Sea AC	: 28	19 East Essex Triathlon Club	102 (2)
20	V40	Malcolm Muir	Ilford AC	: 34	20 Harlow AC	81 (1)
21	U20	Adam Jordan	Southend-on-Sea AC	: 41		
22	V40	Alfie Waithaka	Havering AC	: 46		
23	V40	Colin Read	Orion Harriers	: 52		
24	SM	Neil McGoun	Orion Harriers	: 57		
25	V40	Mark Harrod	Colchester Harriers AC	31: 00	Veteran Team Result (4 to score)	
26	U20	Dan Ashley	Basildon AC	: 01	1 Orion Harriers	105
27	V40	Matt Bland	Havering AC	: 07	2 Colchester Harriers AC	151
28	SM	James Smith	Springfield Striders RC	: 10	3 Havering AC	168
29	V40	Mark Dillon	Orion Harriers	: 16	4 Ilford AC	191
30	U20	Christian Gray	Basildon AC	: 31	5 Southend-on-Sea AC	212
31	SM	Lee Baynton	East Essex Triathlon Club	: 35	6 Thurrock Harriers	229
32	SM	Ben Hall	Orion Harriers	: 43	7 Benfleet Running Club	263
33	V50	Colin Ridley	Colchester Harriers AC	: 43	8 Springfield Striders RC	268
34	SM	Kurtis Swan	Billericay Striders RC	: 57	9 Billericay Striders RC	341
35	V50	Stephen Philcox	Ilford AC	32: 00	10 Thrift Green Trotters	449
36	U20	Ben Patterson	Orion Harriers	: 04	11 Phoenix Striders	455
37	V40	Tim Wright	Orion Harriers	: 08	12 Loughton AC	477
38	SM	Ian Anthony	Havering AC	: 08	13 Pitsea Running Club	611
39	U20	Dominic Le Mare	Southend-on-Sea AC	: 15	14 Chelmsford AC	375 (3)
40	V40	Adrian Smith	Orion Harriers	: 19	15 Mid Essex Casuals	451 (3)
41	V40	Scott Rice	Thurrock Harriers	: 21	16 Basildon AC	254 (2)
42	U20	Mat Braybrook	Havering AC	: 28	17 East Essex Triathlon Club	71 (1)
43	V40	Stuart Raven	Springfield Striders RC	: 32		
44	U20	James Hiscock	Benfleet Running Club	: 34		
45	V40	Graham Booty	Benfleet Running Club	: 36		
46	V40	Paul Rodgers	Colchester Harriers AC	: 39		
47	V50	Paul Spowage	Colchester Harriers AC	: 44		
48	V40	Giles Hopkinson	Orion Harriers	: 52		
49	V40	Jon Nears	Colchester Harriers AC	: 56		
50	V50	Simon Le Mare	Southend-on-Sea AC	33: 02		
51	V40	Keith Willett	Thurrock Harriers	: 12		
52	U20	Ryan Creasy	Benfleet Running Club	: 14		
53	V40	Martin Chester	Havering AC	: 16		
54	V50	Alec Kyriakides	Southend-on-Sea AC	: 18		
55	V40	Jon Whitehouse	Loughton AC	: 23		

Pos	Age	Name	Team	Time
56	SM	Charles Gassier	Orion Harriers	: 27
57	V50	Steve Smith	Springfield Striders RC	: 35
58	V40	Andy Wright	Billericay Striders RC	: 37
59	V50	Peter West	Colchester Harriers AC	: 39
60	V50	Don Lawless	Thurrock Harriers	: 46
61	V40	Terry Spooner	Benfleet Running Club	: 51
62	SM	Sam Rahman	Ilford AC	: 53
63	V40	Neil Swift	Orion Harriers	: 54
64	V40	Andy Low	Benfleet Running Club	: 54
65	SM	Joel Hayhow	Orion Harriers	34: 01
66	V50	Chris Purse	Springfield Striders RC	: 07
67	V40	Kevin Wotton	Ilford AC	: 18
68	U20	Charlie Shingleton	Braintree & District AC	: 19
69	V50	Neil Crisp	Ilford AC	: 21
70	V50	Paul Berrett	Havering AC	: 31
71	V40	Andy Doig	East Essex Triathlon Club	: 38
72	V40	Lloyd Miles	Billericay Striders RC	: 39
73	U20	Thomas Young	Orion Harriers	: 40
74	U20	Abdul Mohamed	Havering AC	: 41
75	U20	Steve Davis	Basildon AC	: 42
76	SM	Rob Hayday	Orion Harriers	35: 02
77	V50	Eamonn Shelley	Thurrock Harriers	: 05
78	V40	Robin McNelis	Ilford AC	: 06
79	U20	Ben Holdgate	Braintree & District AC	: 08
80	V50	John Metcalfe	Thurrock Harriers	: 10
81	U20	Donald Campbell	Harlow AC	: 21
82	SM	Danny Marks	Colchester Harriers AC	: 24
83	V40	Glen Gosling	Orion Harriers	: 27
84	V40	Carl Easton	Phoenix Striders	: 31
85	SM	Dave Wilson	Orion Harriers	: 36
86	V40	Dan Foster	Guest	: 37
87	SM	Marc Hills	Thrift Green Trotters	: 40
88	SM	Charlie Weston	Orion Harriers	: 48
89	V40	James Campion	Southend-on-Sea AC	: 49
90	V50	Peter Tullett	Chelmsford AC	: 52
91	V40	Ian O'Neill	Thrift Green Trotters	36: 08
92	SM	Tim Martin	Thurrock Harriers	: 10
93	V50	Nick Rankin	Benfleet Running Club	: 16
94	V40	Allen Smalls	Colchester Harriers AC	: 21
95	SM	Tim Freeland	Orion Harriers	: 22
96	V40	Brian Venton	Benfleet Running Club	: 25
97	V40	Martyn Mack	Thurrock Harriers	: 27
98	U20	Joseph Nourse	Braintree & District AC	: 32
99	V40	Nicholas Knight	Thrift Green Trotters	: 44
100	V40	Matt Stenning	Billericay Striders RC	: 45
101	SM	Buddy Green	Orion Harriers	: 48
102	V40	John Byford	Springfield Striders RC	: 51
103	SM	Gary Robins	Springfield Striders RC	: 52
104	V40	Steve Walker	Havering AC	: 57
105	V60	Mick Bumstead	Thurrock Harriers	37: 0
106	SM	Scott Reid	Orion Harriers	: 6
107	V40	David Findlay	Basildon AC	: 14
108	V50	James Hart	Orion Harriers	: 38
109	V50	Mike Rolfe	Loughton AC	: 41
110	SM	Gavin Hodgson	Orion Harriers	: 56

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Pos	Age	Name	Team	Time
111	V50	Steve Foggo	Billericay Striders RC	: 59
112	V40	Al Monte	Southend-on-Sea AC	38: 07
113	V40	Ian Pike	Benfleet Running Club	: 13
114	SM	Chris Footer	Phoenix Striders	: 38
115	SM	Dan Green	Orion Harriers	: 43
116	V40	Simon Morgan	Colchester Harriers AC	39: 01
117	V50	Grant Corton	Orion Harriers	: 13
118	V50	Trevor Horncastle	Phoenix Striders	: 34
119	V40	Alasdair Daw	Billericay Striders RC	: 37
120	V50	Kevin Kirby	Chelmsford AC	: 55
121	V40	Nigel Instance	Thurrock Harriers	: 56
122	V50	Ian Lawson	Phoenix Striders	40: 17
123	SM	Lee Whieldon	Benfleet Running Club	: 19
124	V50	James MacNish-Porter	Thrift Green Trotters	: 33
125	V40	Gary Floate	Ilford AC	41: 13
126	V50	Graham Hall	Orion Harriers	: 16
127	V50	Stephen Burton	Benfleet Running Club	: 31
128	V50	Tim Brockington	Springfield Striders RC	: 34
129	V40	Lawrence Harrison	Billericay Striders RC	: 47
130	SM	Nemeral Mamo	Orion Harriers	: 55
131	V50	Dave Lane	Phoenix Striders	: 57
132	V60	Steve Parker	Ilford AC	42: 04
133	V40	Martin Orford	Phoenix Striders	: 06
134	V60	Bernard Johnson	Thurrock Harriers	: 09
135	V40	Brett Corthine	Thrift Green Trotters	: 10
136	V50	Mark Moughton	Springfield Striders RC	: 39
137	V60	Ted Skinner	Ilford AC	: 49
138	V50	Paul Williams	Orion Harriers	: 57
139	V40	Adam Baker	Orion Harriers	43: 01
140	U20	Henry Snell	Southend-on-Sea AC	: 08
141	V50	Don Sinclair	Pitsea Running Club	: 31
142	V40	Ian Glover	Southend-on-Sea AC	: 43
143	SM	Dave Barratt	Orion Harriers	: 54
144	V60	Keith Walker	Billericay Striders RC	: 56
145	SM	Lewis Dorling	Phoenix Striders	44: 16
146	V60	Brian Butcher	Mid Essex Casuals	: 30
147	V50	Richard Bullis	Basildon AC	: 41
148	V50	James Russell	Pitsea Running Club	45: 08
149	V60	Ray Vaultier	Mid Essex Casuals	: 19
150	SM	Geoff Carr	Orion Harriers	: 21
151	V50	Duncan Russell	Phoenix Striders	: 37
152	V50	Graham Jones	Billericay Striders RC	: 50
153	V50	Dave Girt	Southend-on-Sea AC	46: 41
154	V50	Mike Almond	Billericay Striders RC	: 51
155	V60	George Georgiou	Loughton AC	47: 00
156	V60	David Game	Mid Essex Casuals	: 02
157	V60	Ray Vann	Billericay Striders RC	: 32
158	V60	David Hobbs	Loughton AC	: 40
159	V50	Eddie Mills	Phoenix Striders	48: 27
160	V50	David Davidson	Pitsea Running Club	49: 04
161	V50	Kim Vinicombe	Phoenix Striders	50: 26
162	V60	Peter Bates	Pitsea Running Club	: 52
163	V50	Jim Rourke	Billericay Striders RC	51: 00
164	SM	Kevin Price	Guest	53: 28
165	V50	Stephen Williams	Chelmsford AC	55: 07

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