



Essex Cross Country League (3)

Sponsored by

<u>Horseheath</u>				<u>U13 Girls</u>				<u>19/11/2016</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Sydney Foley	Havering AC	12: 26								
2	Holly Freegard	Basildon AC	48								
3	Erin Little	Chelmsford AC	48								
4	Demi Eaves	Thurrock Harriers	55								
5	Chloe Rand	Havering AC	13: 08								
6	Daizy Harris	Basildon AC	22								
7	Ellen Savidge	Harlow AC	27								
8	Grace Holmes	Southend-on-Sea AC	37								
9	Dana Fraser	Cambridge & Coleridge AC	45								
10	Sophie Anderson	Southend-on-Sea AC	54								
11	Ifeoma Okoh	Chelmsford AC	14: 02								
12	Madeleine Claydon	Colchester Harriers AC	03								
13	Hannah Peacock	Thurrock Harriers	07								
14	Annie Grannell	Havering AC	09								
15	Hannah Johnson	Havering AC	18								
16	Maddie Barker	Havering AC	22								
17	Rebecca O'Rourke	Havering AC	24								
18	Amelia Maris	Cambridge & Coleridge AC	29								
19	Robyn Bartholomew	Southend-on-Sea AC	41								
20	Holly Watson	Chelmsford AC	42								
21	Leila Querns	Cambridge & Coleridge AC	49								
22	?? Ahmed	Cambridge & Coleridge AC	52								
23	Olive Cooke	Cambridge & Coleridge AC	57								
24	Holly Bradley	Havering AC	59								
25	Morgan Romain	Havering AC	15: 00								
26	MacKenzie Cranfield	Harlow AC	03								
27	Laila Melbrate	Orion Harriers	08								
28	Kennedy Beardwell	Thurrock Harriers	41								
29	Anna Leinemann	Discovery Triathlon Club	45								
30	Kitty Hilling	Cambridge & Coleridge AC	47								
31	Katie Brennan	Harlow AC	52								
32	Lauryn Wood	Chelmsford AC	16: 06								
33	Charlotte Bridger	Cambridge & Coleridge AC	08								
34	Madeline Booty	Thurrock Harriers	10								
35	Evie Buchan	Cambridge & Coleridge AC	18								
36	Holly Webb	Cambridge & Coleridge AC	40								
37	Jemima Maidment	Orion Harriers	56								
38	Gabriella Browne	Havering AC	17: 08								
39	Eve Smith	Orion Harriers	18: 19								
40	Mia Price	Havering AC	19: 30								

Teams		
1	Havering AC	35
2	Chelmsford AC	66
3	Cambridge & Coleridge AC	70
4	Thurrock Harriers	79
5	Southend-on-Sea AC	37 (3)
6	Harlow AC	64 (3)
7	Orion Harriers	103 (3)
8	Basildon AC	8 (2)
9	Colchester Harriers AC	12 (1)
10	Discovery Triathlon Club	29 (1)

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U13 Boys

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Pos	Name	Team	Time
1	Alex Ford	Havering AC	11: 37
2	Kristian Kalmanis	Southend-on-Sea AC	38
3	Aidan Cahill	Braintree & District AC	40
4	Luke Pullen	Southend-on-Sea AC	44
5	Jorge Aguilar-Agon	Cambridge & Coleridge AC	45
6	Joe Muller	Southend-on-Sea AC	47
7	Miles Benyan	Cambridge & Coleridge AC	12: 03
8	Finn McGrath	Cambridge & Coleridge AC	10
9	Jake Borrett	Cambridge & Coleridge AC	17
10	Luke Randall	Southend-on-Sea AC	21
11	Henry Dover	Colchester & Tendring AC	26
12	Archie Conners	Benfleet Running Club	29
13	Jake Lathham	Cambridge & Coleridge AC	30
14	Kyle Gill	East Essex Triathlon Club	32
15	Micky Jones	Southend-on-Sea AC	34
16	Dylan Harrod	Thurrock Harriers	37
17	Bill Titley	Havering AC	43
18	Lenny Houston	Havering AC	48
19	George Keen	Cambridge & Coleridge AC	53
20	Freddy Taiani	Basildon AC	56
21	Joshua Peyton	Cambridge & Coleridge AC	58
22	Fred Tall	Southend-on-Sea AC	13: 07
23	Thomas Chaplin	Cambridge & Coleridge AC	08
24	Louis Harhalakis	Cambridge & Coleridge AC	15
25	Daniel Pike	Discovery Triathlon Club	17
26	Sunny Vehit	Thurrock Harriers	23
27	Kai Lovelock	Thurrock Harriers	24
28	Timi McDaniel	Havering AC	27
29	Onyeka Okoh	Chelmsford AC	31
30	Cooper Mills	Chelmsford AC	34
31	Lukas Teleki	Cambridge & Coleridge AC	48
32	Luca Sangiovanni	Cambridge & Coleridge AC	53
33	Harry Moore	Thurrock Harriers	55
34	Tom Gibney	East Essex Triathlon Club	14: 07
35	Chand Dhillon	Thurrock Harriers	12
36	Noah Trencher	Thurrock Harriers	14
37	Liam Gibney	East Essex Triathlon Club	53
38	Ellis Wright	Basildon AC	55
39	Alex Aldridge	Southend-on-Sea AC	56
40	Archie Engers	Harlow AC	16: 24

Teams	
1	Southend-on-Sea AC 22
2	Cambridge & Coleridge AC 29
3	Havering AC 64
4	Thurrock Harriers 102
5	East Essex Triathlon Club 85 (3)
6	Basildon AC 58 (2)
7	Chelmsford AC 59 (2)
8	Braintree & District AC 3 (1)
9	Colchester & Tendring AC 11 (1)
10	Benfleet Running Club 12 (1)
11	Discovery Triathlon Club 25 (1)
12	Harlow AC 40 (1)

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Horseheath U15 Girls 19/11/2016

Pos	Name	Team	Time
1	Molly Sweetman	Havering AC	15: 57
2	Hayley Instance	Thurrock Harriers	16: 03
3	Grace Burrell	Basildon AC	18
4	Helena Dyce	Cambridge & Coleridge AC	29
5	Martha Smith	Chelmsford AC	38
6	Faye Sweeting	Chelmsford AC	46
7	Savanna Sirkett	Harlow AC	55
8	Georgia Tombs	Chelmsford AC	17: 15
9	Sophie Wetheridge	Basildon AC	29
10	Hannah Phipps	Basildon AC	35
11	Hollie Rex	Basildon AC	39
12	Matilda Taylor	Cambridge & Coleridge AC	41
13	Becci Leddy	Orion Harriers	44
14	Frances Haines	Cambridge & Coleridge AC	52
15	Lucy Aitchinson	Chelmsford AC	58
16	Aino Turunen	Cambridge & Coleridge AC	59
17	Beth Irving	Cambridge & Coleridge AC	18: 00
18	Jasmine West	Colchester Harriers AC	07
19	Abigail Kerr	Braintree & District AC	10
20	Annalie Cole	Orion Harriers	12
21	Lena Leinemann	Discovery Triathlon Club	19: 06
22	Hannah Rodgers	Colchester Harriers AC	24
23	Isabella Minder	Colchester Harriers AC	20: 38
24	Eliza Warren	Harlow AC	21: 19
25	Emily Fall	Thurrock Harriers	26
26	Katie Rafferty	Havering AC	58
27	Amy Kilner	Havering AC	22: 08
28	Mairi Malcolm	Harlow AC	22
29	Jessica James	Havering AC	31
30	Amelia Loveridge	Harlow AC	58
31	Sarah Ahmed	Cambridge & Coleridge AC	24: 28

Teams

1	Basildon AC	33
2	Chelmsford AC	34
3	Cambridge & Coleridge AC	46
4	Havering AC	83
5	Harlow AC	89
6	Colchester Harriers AC	63 (3)
7	Thurrock Harriers	27 (2)
8	Orion Harriers	33 (2)
9	Braintree & District AC	19 (1)
10	Discovery Triathlon Club	21 (1)



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U15 Boys

19/11/2016

Pos	Name	Team	Time
1	David Dow	Cambridge & Coleridge AC	14: 25
2	Danny Millward	Colchester Harriers AC	28
3	Oliver Lill	Basildon AC	43
4	Max Caulfield	Colchester Harriers AC	46
5	Kai Boggon	Guest - WG &EL	51
6	Joseph Trim	East Essex Triathlon Club	15: 00
7	Jay Shotter	Orion Harriers	01
8	Ben Prior	Thurrock Harriers	06
9	Hugh Dow	Cambridge & Coleridge AC	13
10	Sam Wheatley	Southend-on-Sea AC	21
11	Ziggy Lambton	Colchester Harriers AC	31
12	Zach Bridgeland	Chelmsford AC	33
13	Matthew Warner	Southend-on-Sea AC	35
14	Harry Parker	Thurrock Harriers	41
15	Tom Blake	Cambridge & Coleridge AC	46
16	Thomas Palmer	Colchester & Tendring AC	53
17	Joe Morgan	Harlow AC	16: 03
18	Finnlay Lowe	Thurrock Harriers	07
19	Thomas Bridger	Cambridge & Coleridge AC	08
20	Tyler Wiltshire	Braintree & District AC	17
21	Saul Ashon	Orion Harriers	21
22	Scott Thomas	Chelmsford AC	28
23	Harry Clarke	Chelmsford AC	40
24	Henri Willett	Thurrock Harriers	43
25	James Rashbrook	Basildon AC	45
26	Mason Hambleton	Thurrock Harriers	50
27	Ben Podd	Chelmsford AC	52
28	Ben Naish	Havering AC	58
29	James Fraser	Cambridge & Coleridge AC	17: 03
30	Louis Berrett	Havering AC	09
31	Henry Jones	Orion Harriers	16
32	Liam Bell	Cambridge & Coleridge AC	19
33	Mark Beale	Chelmsford AC	50
34	Joe Hammond	Colchester & Tendring AC	18: 20
35	Matthew Edwards	Havering AC	43
36	Ethan Hunter	Chelmsford AC	19: 05
37	William Pye	Cambridge & Coleridge AC	15
38	Luke Chester	Havering AC	24
39	Tom Woolf	Orion Harriers	42
40	Henry Lay	Havering AC	20: 08

Pos	Name	Team	Time
41	Peter Brinton-Quinn	Havering AC	32

Teams

1	Cambridge & Coleridge AC	44
2	Thurrock Harriers	64
3	Chelmsford AC	84
4	Orion Harriers	98
5	Havering AC	131
6	Colchester Harriers AC	17 (3)
7	Southend-on-Sea AC	23 (2)
8	Basildon AC	28 (2)
9	Colchester & Tendring AC	50 (2)
10	Guest - WG &EL	5 (1)
11	East Essex Triathlon Club	6 (1)
12	Harlow AC	17 (1)
	Braintree & District AC	20 (1)

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U17/20 Women

19/11/2016

Pos	Age	Name	Team	Time
1	U17	Khahisa Mhlanga	Chelmsford AC	19: 09
2	U17	Amber Pullinger	Thurrock Harriers	20: 10
3	U17	Kate O'Neill	Havering AC	22
4	U20	Belinda Dow	Cambridge & Coleridge AC	50
5	U17	Rachel Broome	Chelmsford AC	55
6	U17	Lottie Rowedder	Harlow AC	59
7	U17	Sinead Clark	Benfleet Running Club	21: 14
8	U17	Sophie Rand	Havering AC	17
9	U17	Elsie Gray	Colchester & Tendring AC	53
10	U20	Lydia Callan	Chelmsford AC	22: 05
11	U17	Grace Goodard	Benfleet Running Club	13
12	U17	Abby Rex	Basildon AC	23: 13
13	U20	Brooke Mensah	Thurrock Harriers	26
14	U20	Megan Williams	Chelmsford AC	30
15	U17	Catherine Barker	Havering AC	24: 11
16	U20	Georgina Sturgeon	Colchester & Tendring AC	30

Teams

1	Chelmsford AC	30
2	Havering AC	26 (3)
3	Thurrock Harriers	15 (2)
4	Benfleet Running Club	18 (2)
5	Colchester & Tendring AC	25 (2)
6	Cambridge & Coleridge AC	4 (1)
7	Harlow AC	6 (1)
8	Basildon AC	12 (1)

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<u>Horseheath</u>		<u>U17 Men</u>	<u>19/11/2016</u>	
Pos	Name	Team	Time	
1	Lewis Harknett	Harlow AC	22:	25
2	Oliver Newman	Cambridge & Coleridge AC		48
3	Ben Miller	Colchester & Tendring AC		53
4	Isaac Brown	Basildon AC		59
5	Sam Norris	Southend-on-Sea AC	23:	02
6	Oliver Randall	Southend-on-Sea AC		10
7	Sarab Dhillon	Thurrock Harriers		37
8	Joseph Clark	Orion Harriers		41
9	Freddy Richardson	Colchester & Tendring AC		43
10	Luke Gill	East Essex Triathlon Club	24:	18
11	Matt Norris	Southend-on-Sea AC		21
12	Jack Exley	Thurrock Harriers		39
13	Fergus Crouch	Colchester Harriers AC		46
14	Mario Montes	Cambridge & Coleridge AC		57
15	Joe Logan	Thurrock Harriers	25:	00
16	Callum Liassi	Benfleet Running Club		27
17	Dexter Goward	Benfleet Running Club		39
18	Craig Wheeler	Southend-on-Sea AC		59
19	George Applewhite	Basildon AC	26:	07
20	William Jones	Orion Harriers		12
21	Reece Scott	Basildon AC		26
22	Joseph Boden	Colchester Harriers AC		49

Teams	Time	
1 Southend-on-Sea AC	40	
2 Thurrock Harriers	34	(3)
3 Basildon AC	44	(3)
4 Colchester & Tendring AC	12	(2)
5 Cambridge & Coleridge AC	16	(2)
6 Orion Harriers	28	(2)
7 Benfleet Running Club	33	(2)
8 Colchester Harriers AC	35	(2)
9 Harlow AC	1	(1)
10 East Essex Triathlon Club	10	(1)



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Senior Women

19/11/2016

Pos	Age	Name	Team	Time	Division 1 Teams (4 to score)	
1	SW	Faye Fullerton	Havering AC	22: 53	1 Chelmsford AC	36
2	W35	Liz Davies	Springfield Striders RC	23: 43	2 Southend-on-Sea AC	62
3	SW	Kerry Holland	Southend-on-Sea AC	24: 25	3 Cambridge & Coleridge AC	65
4	SW	Claire Somerton	Cambridge & Coleridge AC	: 26	4 Basildon AC	66
5	SW	Alexa Joel	Chelmsford AC	: 34	5 Colchester Harriers AC	77
6	SW	Laura Brooks	Basildon AC	: 40	6 Springfield Striders RC	100
7	W35	Sally Judd	Chelmsford AC	: 42	7 Benfleet Running Club	171
8	SW	Clare Thurgood	Orion Harriers	25: 03	8 Thrift Green Trotters	233
9	SW	Carla Brown	Cambridge & Coleridge AC	: 13	9 Ilford AC	246
10	SW	Sarah Imbush	Southend-on-Sea AC	: 33	10 Phoenix Striders	285
11	SW	Rebecca Luxton	Chelmsford AC	: 44	11 Orion Harriers	63 (3)
12	W35	Hayley Hawes	East Essex Triathlon Club	: 58		
13	SW	Vicki Hayes	Chelmsford AC	26: 01	Division 2 Teams (4 to score)	
14	W45	Wendy King	Chelmsford AC	: 28	1 Billericay Striders RC	182
15	W45	Denise Morley	Colchester Harriers AC	: 39	2 Halstead RR	207
16	SW	Sarah Pennington	Southend-on-Sea AC	: 53	3 Havering AC	65 (2)
17	SW	Rebecca Cooke	Colchester Harriers AC	: 56	4 East Essex Triathlon Club	84 (2)
18	SW	Ella Neale	Colchester Harriers AC	27: 16	5 Pitsea Running Club	142 (2)
19	SW	Karen Whitmarsh	Basildon AC	: 25	6 Colchester & Tendring AC	22 (1)
20	SW	Emily Bullis	Basildon AC	: 33	7 Mid Essex Casuals	44 (1)
21	SW	Nicola Bredin	Basildon AC	: 34	8 Braintree & District AC	60 (1)
22	W45	Margaret Deasy	Colchester & Tendring AC	: 38		
23	SW	Charmaine Sterling	Benfleet Running Club	: 42	Veterans Teams (3 to score)	
24	W45	Stefanie Godfrey	Cambridge & Coleridge AC	: 45	1 Chelmsford AC	50
25	SW	Natalie Kipps	Orion Harriers	: 59	2 Springfield Striders RC	63
26	W35	Polly Bridgman	Springfield Striders RC	28: 02	3 Cambridge & Coleridge AC	84
27	W35	Annette Oakman	Colchester Harriers AC	: 07	4 Billericay Striders RC	132
28	W35	Carrie Bedingfield	Cambridge & Coleridge AC	: 20	5 Southend-on-Sea AC	138
29	W45	Joanne Smith	Chelmsford AC	: 24	6 Ilford AC	164
30	W45	Alison Trauttmansdorff	Orion Harriers	: 29	6 Thrift Green Trotters	164
31	W35	Louise Douglass	Basildon AC	: 32	8 Benfleet Running Club	171
32	W35	Rachel Pritchard	Cambridge & Coleridge AC	: 46	9 Halstead RR	177
33	W35	Natasha Lagden	Southend-on-Sea AC	: 50	10 Phoenix Striders	200
34	SW	Holly Gillard	Southend-on-Sea AC	29: 21	11 Colchester Harriers AC	42 (2)
35	W35	Emily Smith	Springfield Striders RC	: 25	12 Basildon AC	77 (2)
36	SW	Hazel Buist	Halstead RR	30: 20	13 East Essex Triathlon Club	84 (2)
37	W35	Victoria Curren	Springfield Striders RC	: 24	14 Pitsea Running Club	142 (2)
38	SW	Katie Wilkinson	Benfleet Running Club	: 29	15 Colchester & Tendring AC	22 (1)
39	W35	Kathleen Short	Thrift Green Trotters	31: 10	16 Orion Harriers	30 (1)
40	SW	Narinder Kalsi	Guest	: 30	17 Mid Essex Casuals	44 (1)
41	W45	Nicola Hopkinson	Ilford AC	: 38	18 Braintree & District AC	60 (1)
42	W35	Ruth Havis	Billericay Striders RC	32: 01	19 Havering AC	64 (1)
43	W55	Christine Deacon	Billericay Striders RC	: 18		
44	W45	Lorna Pettifer	Mid Essex Casuals	: 37		
45	W45	Jo Pearce	Phoenix Striders	: 37		

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Pos	Age	Name	Team	Time
46	W45	Mandy Wetheridge	Basildon AC	32: 55
47	W45	Julie Boxer	Billericay Striders RC	33: 08
48	W45	Dianne Crisp	Ilford AC	: 15
49	W45	Allison Gillan	Springfield Striders RC	: 24
50	W35	Joanne Ling	Billericay Striders RC	: 27
51	W65	Diana Braverman	Cambridge & Coleridge AC	: 33
52	W35	Debbielyn Hallam	Southend-on-Sea AC	: 38
53	W45	Sue Crompton	Southend-on-Sea AC	: 45
54	W35	Sarah Norton	Benfleet Running Club	: 46
55	W45	Wendy Carter	Halstead RR	34: 04
56	W45	Mandy Cooper	Benfleet Running Club	: 08
57	W35	Charlotte King	Halstead RR	: 16
58	W45	Dianne Fairchild	Thrift Green Trotters	: 32
59	SW	Sarah Frost	Halstead RR	: 56
60	W35	Claire Gordon	Braintree & District AC	35: 51
61	W45	Laura Williams	Benfleet Running Club	: 54
62	W35	Sarah Knowles	Springfield Striders RC	: 59
63	SW	Becky Bottjer	Colchester Harriers AC	36: 03
64	W45	Tracy O'Neill	Havering AC	: 08
65	W35	Treena Harrington	Halstead RR	: 24
66	W55	Valerie Sinclair	Pitsea Running Club	: 52
67	W35	Karen Parry	Thrift Green Trotters	: 58
68	W45	Sarah Goodwin	Springfield Striders RC	: 59
69	W35	Clare Hills	Thrift Green Trotters	37: 23
70	W35	Donna Burnett	Billericay Striders RC	: 28
71	W55	Jackie Woodruffe	Thrift Green Trotters	: 30
72	W65	Teresa Flannigan	East Essex Triathlon Club	: 38
73	W35	Pippa Harrington	Thrift Green Trotters	: 44
74	W45	Annette Johnson	Benfleet Running Club	38: 19
75	W55	Julia Galea	Ilford AC	: 21
76	W55	Gillian Harrison	Pitsea Running Club	: 34
77	W35	Maria McQueenie	Phoenix Striders	: 58
78	W35	Cheryl Wilson	Phoenix Striders	39: 02
79	SW	Jenn Langley	Halstead RR	: 22
80	W35	Tricia Holmes	Southend-on-Sea AC	: 29
81	W35	Lorna Mess	Thrift Green Trotters	40: 11
82	W45	Doris Gaga	Ilford AC	41: 37
83	W65	Pam Jones	Ilford AC	42: 04
84	W65	Tina Leung	Thrift Green Trotters	44: 59
85	W55	Adele Moggan	Phoenix Striders	48: 08

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Senior Men

19/11/2016

Pos	Age	Name	Team	Time	Division 1 Teams (6 to score)	
1	SM	Tom Frith	Southend-on-Sea AC	27: 39	1	Springfield Striders RC 131
2	V40	Sullivan Smith	Cambridge & Coleridge AC	: 58	2	Havering AC 162
3	SM	Rob Warner	Havering AC	28: 05	3	Southend-on-Sea AC 175
4	SM	Alec Finch	Thurrock Harriers	: 22	4	Orion Harriers 197
5	SM	Matt Granger	Chelmsford AC	: 49	5	Colchester Harriers AC 247
6	SM	Tristan Windley	Springfield Striders RC	: 59	6	Benfleet Running Club 320
7	U20	Harrison Smith	Basildon AC	29: 13	7	Basildon AC 393
8	SM	Tom Cammack	Springfield Striders RC	: 23	8	Phoenix Striders 698
9	SM	Toby Fletcher	Cambridge & Coleridge AC	: 30	9	Chelmsford AC 382 (5)
10	U20	Ben Davis	Havering AC	: 50	10	Ilford AC 535 (5)
11	SM	Rhys Gillard	Southend-on-Sea AC	: 59	11	Thrift Green Trotters 378 (4)
12	V40	Rodger Maidment	Orion Harriers	30: 15	12	Pitsea Running Club 516 (4)
13	V40	Steve Rand	Havering AC	: 17		
14	U20	Dan Richards	Orion Harriers	: 19	Division 2 Teams (6 score)	
15	U20	William Page	Colchester & Tendring AC	: 22	1	Cambridge & Coleridge AC 132
16	U20	Brandon Thorpe	Basildon AC	: 27	2	Thurrock Harriers 240
17	SM	Charlie Parker	Southend-on-Sea AC	: 28	3	Halstead RR 548
18	V40	Lee Taylor	Southend-on-Sea AC	: 29	4	Mid Essex Casuals 455 (4)
19	U20	Samuel Smith	Thurrock Harriers	: 37	5	Colchester & Tendring AC 156 (3)
20	SM	Kurtis Swan	Billericay Striders RC	: 41	6	East Essex Triathlon Club 261 (3)
21	SM	Danny Moses	Orion Harriers	: 47	7	Billericay Striders RC 76 (2)
22	SM	Alfie Waitthaka	Havering AC	: 50	8	Braintree & District AC 175 (2)
23	SM	Alex Manton	Springfield Striders RC	: 50	9	Loughton AC 148 (1)
24	SM	Robert Mahen	Cambridge & Coleridge AC	: 51	Veteran Team Result (4 to score)	
25	U20	Joseph Patterson	Colchester & Tendring AC	: 51	1	Colchester Harriers AC 124
26	SM	Alastair Hodges	Cambridge & Coleridge AC	: 53	2	Springfield Striders RC 175
27	V50	Colin Ridley	Colchester Harriers AC	: 54	3	Cambridge & Coleridge AC 176
28	V40	Paul Rodgers	Colchester Harriers AC	31: 00	3	Orion Harriers 176
29	V40	Mark Harrod	Colchester Harriers AC	: 14	5	Southend-on-Sea AC 233
30	SM	James Wright	Springfield Striders RC	: 17	6	Benfleet Running Club 235
31	SM	Philip Smith	Springfield Striders RC	: 22	7	Thurrock Harriers 305
32	SM	Alex Eggeman	Cambridge & Coleridge AC	: 23	8	Chelmsford AC 377
33	V40	Lee Martin	Springfield Striders RC	: 30	9	Thrift Green Trotters 378
34	V40	Colin Read	Orion Harriers	: 31	10	Halstead RR 419
35	V40	Robin Tubbs	Chelmsford AC	: 35	11	Ilford AC 456
36	V40	Scott Rice	Thurrock Harriers	: 37	12	Basildon AC 473
37	SM	Andy Jopson	Benfleet Running Club	: 49	13	Phoenix Striders 488
38	V40	Andy Low	Benfleet Running Club	: 56	14	Havering AC 187 (3)
39	V40	Paul Veitch	Cambridge & Coleridge AC	32: 01	15	Mid Essex Casuals 395 (3)
40	V40	Jon Nears	Colchester Harriers AC	: 03	16	Pitsea Running Club 459 (3)
41	U20	James Stewart	Havering AC	: 05	17	East Essex Triathlon Club 200 (2)
42	SM	Sam Cornforth	Springfield Striders RC	: 07	18	Billericay Striders RC 56 (1)
43	V40	Anthony Goodall	Springfield Striders RC	: 09	19	Braintree & District AC 98 (1)
44	U20	Oliver Mann	Thurrock Harriers	: 11	20	Colchester & Tendring AC 116 (1)
45	V50	Paul Spowage	Colchester Harriers AC	: 12	21	Loughton AC 148 (1)
46	V40	Al Pritchard	Cambridge & Coleridge AC	: 14		
47	SM	Ollie Young	Cambridge & Coleridge AC	: 15		
48	SM	Chris Wayman	Benfleet Running Club	: 18		
49	V40	Scott Dryden	Springfield Striders RC	: 23		
50	V40	Stuart Raven	Springfield Striders RC	: 28		
51	U20	Christian Gray	Basildon AC	: 34		
52	SM	Craig Horsburgh	Orion Harriers	: 43		
53	V40	Gary Chandler	Springfield Striders RC	: 49		
54	V50	John Barker	Thrift Green Trotters	: 55		
55	V50	Michael Bridgeland	Chelmsford AC	33: 01		
56	V40	Andy Wright	Billericay Striders RC	: 06		

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Pos	Age	Name	Team	Time
57	SM	Jack Morris	Pitsea Running Club	33: 16
58	V40	Graham Booty	Benfleet Running Club	: 18
59	V40	Terry Spooner	Benfleet Running Club	: 18
60	SM	Dan Reynolds	Mid Essex Casuals	: 23
61	U20	Tom Muers	East Essex Triathlon Club	: 24
62	U20	Curtis Wood	Cambridge & Coleridge AC	: 26
63	V50	Alec Kyriakides	Southend-on-Sea AC	: 31
64	V40	Adam Baker	Orion Harriers	: 34
65	V40	Christian Holmes	Southend-on-Sea AC	: 39
66	V40	Adrian Smith	Orion Harriers	: 44
67	V40	Toby Drape	Thurrock Harriers	: 48
68	V40	Richard Candler	Halstead RR	: 50
69	SM	Ewan McFarlane	Phoenix Striders	: 50
70	V50	Don Lawless	Thurrock Harriers	: 51
71	V40	Andy Doig	East Essex Triathlon Club	: 59
72	V50	Paul Broome	Springfield Striders RC	34: 00
73	U20	Kieran O'Hara	Havering AC	: 09
74	SM	Callum Wallace	Southend-on-Sea AC	: 14
75	SM	Graeme Kennedy	Cambridge & Coleridge AC	: 27
76	SM	Neil McGoun	Orion Harriers	: 33
77	U20	Conor Culham	Braintree & District AC	: 38
78	V50	Peter West	Colchester Harriers AC	: 41
79	SM	Seb Parriss	Ilford AC	: 54
80	V50	Nick Rankin	Benfleet Running Club	: 56
81	SM	Bradley Doe	Halstead RR	: 59
82	V40	Tim Wright	Orion Harriers	35: 02
83	V40	Steve Walker	Havering AC	: 06
84	V40	Ian O'Neil	Thrift Green Trotters	: 20
85	V40	Jon Byford	Springfield Striders RC	: 32
86	SM	Richard Rowe	Havering AC	: 34
87	V40	James Campion	Southend-on-Sea AC	: 38
88	V60	Tony Nixon	Ilford AC	: 47
89	V40	Dan Wheeler	Cambridge & Coleridge AC	: 57
90	V50	David Findlay	Basildon AC	: 58
91	V40	Graham Hogan	Havering AC	36: 08
92	V60	Bob Langley	Halstead RR	: 17
93	SM	John Greenley	Halstead RR	: 21
94	V40	Greg Wisken	Mid Essex Casuals	: 26
95	V50	Neil Crisp	Ilford AC	: 27
96	V40	Ben Fisher	Orion Harriers	: 28
97	V40	Stuart Colley	Orion Harriers	: 31
98	V40	Myles Coulson	Braintree & District AC	: 36
99	V50	Trevor Horncastle	Phoenix Striders	: 42
100	SM	Steve May	Halstead RR	: 45
101	V60	Charlie Ritchie	Cambridge & Coleridge AC	: 46
102	SM	Rob Dickenson	Havering AC	: 51
103	V50	David Wright	Colchester Harriers AC	: 55
104	V50	Phil Olsen	Thrift Green Trotters	: 55
105	V50	Richard Bullis	Basildon AC	: 55
106	V40	Brian Venton	Benfleet Running Club	: 58
107	V50	James Hart	Orion Harriers	: 59
108	V40	Phil Watts	Springfield Striders RC	37: 1
109	V60	Peter Binns	Southend-on-Sea AC	: 15
110	V40	Mike Grout	Benfleet Running Club	: 17
111	SM	Martin Reynolds	Orion Harriers	: 20
112	V40	Simon Morgan	Colchester Harriers AC	: 36

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Pos	Age	Name	Team	Time
113	SM	Ben Chamberlain	Cambridge & Coleridge AC	37: 44
114	SM	Andy Owen	Halstead RR	: 53
115	U20	Aidan Elmore	Havering AC	38: 06
116	V40	Ben Hammond	Colchester & Tendring AC	: 14
117	V40	Steve Bennett	Orion Harriers	: 18
118	V50	Julian Catmull	Springfield Striders RC	: 18
119	V60	Richard Taylor	Springfield Striders RC	: 23
120	V50	Dave Brock	Orion Harriers	: 42
121	V40	Ian Pike	Benfleet Running Club	39: 11
122	V50	Simon King	Halstead RR	: 17
123	V40	Lee Hazlewood	Phoenix Striders	: 22
124	SM	Joe McGrath	Basildon AC	: 26
125	V50	Paul Williams	Orion Harriers	: 36
126	V40	Matt Gillard	Southend-on-Sea AC	: 39
127	V50	Gerald Meah	Cambridge & Coleridge AC	: 46
128	V40	Paul Agastina	Phoenix Striders	: 46
129	V60	Ian Gill	East Essex Triathlon Club	: 47
130	V50	Kevin Kirby	Chelmsford AC	: 50
131	V50	Gary Bartlett	Orion Harriers	: 53
132	V60	Bernard Johnson	Thurrock Harriers	40: 00
133	V40	Dennis Briggs	Ilford AC	: 02
134	V40	John Rex	Basildon AC	: 02
135	V40	Danny Fitzsimons	Orion Harriers	: 03
136	V50	James MacNish-Porter	Thrift Green Trotters	: 08
137	V40	Ian Chandler	Halstead RR	: 11
138	V50	Martin Orford	Phoenix Striders	: 17
139	V50	Grant Corton	Orion Harriers	: 57
140	V60	Ted Skinner	Ilford AC	41: 24
141	V50	Neil Clark	Phoenix Striders	: 40
142	V40	Kevin Hopper	Springfield Striders RC	42: 08
143	V60	Alex Downie	Cambridge & Coleridge AC	: 09
144	V50	Rhys Davis	Basildon AC	: 18
145	V40	James Price	Phoenix Striders	: 26
146	SM	Chris Footer	Phoenix Striders	43: 02
147	V50	Duncan Russell	Phoenix Striders	44: 04
148	V40	Trevor Robinson	Loughton AC	: 44
149	V60	Peter McLaughlin	Pitsea Running Club	46: 19
150	v50	Paul Tawn	Mid Essex Casuals	: 20
151	V60	Brian Butcher	Mid Essex Casuals	: 57
152	V50	Dave Girt	Southend-on-Sea AC	47: 41
153	V50	Andrew Unsworth	Cambridge & Coleridge AC	48: 08
154	V50	Paul Williams	Pitsea Running Club	49: 08
155	V50	Eddie Mills	Phoenix Striders	: 53
156	V60	Peter Bates	Pitsea Running Club	53: 36
157	V50	Stephen Williams	Chelmsford AC	57: 02

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Essex Cross Country League

Team Standings after 3 races

U13 Girls

Pos	Club	Race 1	Race 2	Race 3	Total
1	Havering AC	2	1	1	4
2	Orion Harriers	3	2	7	12
3	Chelmsford AC	8	3	2	13
3	Thurrock Harriers	4	5	4	13
5	Basildon AC	1	6	8	15
6	Colchester Harriers AC	6	4	9	19
6	Harlow AC	5	8	6	19
6	Southend-on-Sea AC	7	7	5	19
9	Cambridge and Coleridge AC	12	12	3	27
10	Discovery Triathlon Club	10	11	10	31
11	Colchester & Tendring AC	9	10	20	39
12	Braintree & District AC	20	9	20	49
13	East Essex Triathlon Club	11	20	20	51
14	Benfleet Running Club	13	20	20	53

U13 Boys

Pos	Club	Race 1	Race 2	Race 3	Total
1	Southend-on-Sea AC	2	1	1	4
2	Havering AC	1	3	3	7
3	Basildon AC	3	5	6	14
3	Thurrock Harriers	4	6	4	14
5	East Essex Triathlon Club	6	8	5	19
6	Chelmsford AC	8	7	7	22
7	Cambridge and Coleridge AC	20	2	2	24
8	Benfleet Running Club	7	10	10	27
9	Colchester & Tendring AC	20	4	9	33
9	Discovery Triathlon Club	10	12	11	33
11	Ilford AC	5	9	20	34
12	Harlow AC	9	20	12	41
13	Braintree & District AC	20	20	8	48
14	Colchester Harriers AC	20	11	20	51
14	Orion Harriers	11	20	20	51
16	Billericay Striders	20	13	20	53

U15 Girls

Pos	Club	Race 1	Race 2	Race 3	Total
1	Basildon AC	2	2	1	5
2	Chelmsford AC	1	3	2	6
3	Havering AC	3	1	4	8
4	Cambridge and Coleridge AC	6	5	3	14
5	Orion Harriers	4	4	8	16
6	Colchester Harriers AC	5	7	6	18
7	Harlow AC	9	6	5	20
8	Thurrock Harriers	7	8	7	22
9	Braintree & District AC	10	9	9	28
10	Discovery Triathlon Club	12	12	10	34
11	Colchester & Tendring AC	11	11	20	42
12	East Essex Triathlon Club	8	20	20	48

U15 Boys

Pos	Club	Race 1	Race 2	Race 3	Total
1	Thurrock Harriers	1	1	2	4
2	Chelmsford AC	4	5	3	12
3	Basildon AC	3	2	8	13
4	Havering AC	5	4	5	14
5	Orion Harriers	6	10	4	20
6	Colchester Harriers AC	7	8	6	21
7	Colchester & Tendring AC	12	3	9	24
8	Harlow AC	8	6	11	25
8	Southend-on-Sea AC	9	9	7	25
10	Cambridge and Coleridge AC	13	13	1	27
11	Ilford AC	2	7	20	29
12	East Essex Triathlon Club	10	12	10	32
13	Braintree & District AC	20	11	12	43

U17/20 Women

Pos	Club	Race 1	Race 2	Race 3	Total
1	Havering AC	1	1	2	4
2	Chelmsford AC	5	2	1	8
3	Benfleet Running Club	2	3	4	9
5	Thurrock Harriers	7	6	3	16
6	Basildon AC	4	7	8	19
4	Colchester & Tendring AC		10	5	15
7	Cambridge and Coleridge AC	11	5	6	22
8	Harlow AC	9	9	7	25
9	Southend-on-Sea AC	3	4	20	27
10	Colchester Harriers AC	8	8	20	36
11	Orion Harriers	10	13	20	43
12	Ilford AC	20	11	20	51
13	Discovery Triathlon Club	20	12	20	52
14	East Essex Triathlon Club	20	14	20	54

U17 Men

Pos	Club	Race 1	Race 2	Race 3	Total
1	Southend-on-Sea AC	1	2	1	4
2	Orion Harriers	3	4	6	13
3	Colchester Harriers AC	4	3	8	15
4	Basildon AC	5	8	3	16
5	Colchester & Tendring AC	7	6	4	17
6	Harlow AC	6	7	9	22
6	Thurrock Harriers	8	12	2	22
8	Benfleet Running Club	10	10	7	27
8	Havering AC	2	5	20	27
10	East Essex Triathlon Club	11	9	10	30
11	Cambridge and Coleridge AC	20	11	5	36
12	Chelmsford AC	20	1	20	41
13	Braintree & District AC	9	20	20	49

Senior Women (incl. Veterans) Div 1

Pos	Club	Race 1	Race 2	Race 3	Total
1	Chelmsford AC	1	1	1	3
2	Southend-on-Sea AC	5	2	2	9
3	Colchester Harriers AC	2	3	5	10
4	Springfield Striders	6	5	6	17
5	Basildon AC	3	11	4	18
6	Orion Harriers	4	4	11	19
7	Benfleet Running Club	7	8	7	22
8	Thrift Green Trotters	8	7	8	23
9	Phoenix Striders	9	9	10	28
10	Cambridge and Coleridge AC	20	6	3	29
10	Ilford AC	10	10	9	29
12	Thurrock Harriers	11	20	20	51

Senior Men (incl. Veterans) Div 1

Pos	Club	Race 1	Race 2	Race 3	Total
1	Springfield Striders	2	3	1	6
2	Havering AC	1	4	2	7
3	Colchester Harriers AC	4	2	5	11
4	Chelmsford AC	3	1	9	13
5	Orion Harriers	6	5	4	15
6	Southend-on-Sea AC	7	6	3	16
7	Benfleet Running Club	5	7	6	18
8	Basildon AC	8	8	7	23
9	Ilford AC	9	9	10	28
10	Phoenix Striders	11	11	8	30
11	Thrift Green Trotters	10	10	11	31
12	Pitsea Running Club	12	12	12	36

Senior Women (incl. Veterans) Div 2

Pos	Club	Race 1	Race 2	Race 3	Total
1	Billericay Striders	1	1	1	3
2	Halstead RR	2	2	2	6
3	Havering AC	3	3	3	9
4	Pitsea Running Club	5	5	5	15
5	East Essex Triathlon Club	4	9	4	17
6	Mid Essex Casuals	7	4	7	18
7	Colchester & Tendring AC	8	6	6	20
8	Loughton AC	6	7	20	33
9	Braintree & District AC	20	8	8	36

Senior Men (incl. Veterans) Div 2

Pos	Club	Race 1	Race 2	Race 3	Total
1	Thurrock Harriers	1	2	2	5
2	Cambridge and Coleridge AC	5	1	1	7
3	Halstead RR	3	5	3	11
4	Billericay Striders	2	3	7	12
5	Mid Essex Casuals	4	6	4	14
6	Braintree & District AC	6	4	8	18
7	East Essex Triathlon Club	7	7	6	20
8	Colchester & Tendring AC	9	9	5	23
9	Loughton AC	8	8	9	25

Veteran Women

Pos	Club	Race 1	Race 2	Race 3	Total
1	Springfield Striders	2	1	2	5
2	Chelmsford AC	3	3	1	7
3	Southend-on-Sea AC	4	4	5	13
4	Billericay Striders	5	6	4	15
5	Orion Harriers	1	5	16	22
6	Benfleet Running Club	6	10	8	24
7	Thrift Green Trotters	10	9	6	25
8	Colchester Harriers AC	13	2	11	26
9	Ilford AC	11	13	6	30
9	Phoenix Striders	8	12	10	30
11	Halstead RR	15	7	9	31
12	Havering AC	7	8	19	34
13	East Essex Triathlon Club	9	19	13	41
14	Cambridge & Coleridge AC	20	20	3	43
15	Basildon AC	14	18	12	44
16	Pitsea Running Club	16	15	14	45
17	Mid Essex Casuals	19	11	17	47
18	Colchester & Tendring AC	17	16	15	48
19	Loughton AC	12	14	25	51
20	Braintree & District AC	25	17	18	60
21	Thurrock Harriers	18	25	25	68

Veteran Men

Pos	Club	Race 1	Race 2	Race 3	Total
1	Springfield Striders	1	2	2	5
2	Colchester Harriers AC	6	1	1	8
3	Orion Harriers	4	3	3	10
4	Southend-on-Sea AC	3	7	5	15
5	Benfleet Running Club	2	10	6	18
6	Thurrock Harriers	8	4	7	19
7	Chelmsford AC	7	8	8	23
8	Havering AC	5	5	14	24
9	Thrift Green Trotters	9	11	9	29
10	Ilford AC	11	9	11	31
11	Billericay Striders	10	6	18	34
12	Halstead RR	15	11	10	36
13	Basildon AC	13	13	12	38
14	Phoenix Striders	12	14	13	39
15	Cambridge & Coleridge AC	17	20	3	40
16	Mid Essex Casuals	14	15	15	44
17	East Essex Triathlon Club	18	18	17	53
18	Braintree & District AC	19	16	19	54
18	Loughton AC	16	17	21	54
20	Pitsea Running Club	20	19	16	55
21	Colchester & Tendring AC	25	25	20	70

Individual Positions after Horseheath

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U13 G	Abigail Ives	Basildon AC	2	1	U13 B	Alex Ford	Havering AC	2
2	U13 G	Sydney Foley	Havering AC	3	2	U13 B	Kristian Kalmanis	Southend-on-Sea AC	5
3	U13 G	Erin Little	Chelmsford AC	6	2	U13 B	Luke Pullen	Southend-on-Sea AC	5
3	U13 G	Holly Freegard	Basildon AC	6	4	U13 B	Jorge Aguilar-Agon	Cambridge & Coleridge AC	11
5	U13 G	Milly Presland	Colchester Harriers AC	9	5	U13 B	Matthew Blacklock	Havering AC	12
6	U13 G	Demi Eaves	Thurrock Harriers	11	6	U13 B	Daniel Houchell	Basildon AC	14
7	U13 G	Daizy Harris	Basildon AC	12	7	U13 B	Miles Benyan	Cambridge & Coleridge AC	15
7	U13 G	Chloe Rand	Havering AC	12	7	U13 B	Joe Muller	Southend-on-Sea AC	15
9	U13 G	Maisy Silverstone	Orion Harriers	14	9	U13 B	Luke Randall	Southend-on-Sea AC	17
10	U13 G	Ellen Savidge	Harlow AC	20	10	U13 B	Dylan Harrod	Thurrock Harriers	21
10	U13 G	Grace Holmes	Southend-on-Sea AC	20	10	U13 B	Micky Jones	Southend-on-Sea AC	21
12	U13 G	Hannah Peacock	Thurrock Harriers	22	12	U13 B	Jake Borrett	Cambridge & Coleridge AC	22
13	U13 G	Annie Grannell	Havering AC	24	13	U13 B	Matthew Hick	Ilford AC	27
13	U13 G	Sophie Anderson	Southend-on-Sea AC	24	14	U13 B	Finn McGrath	Cambridge & Coleridge AC	29
15	U13 G	Hannah Yexley	Havering AC	30	14	U13 B	Lenny Houston	Havering AC	29
15	U13 G	Libby Gosling	Orion Harriers	30	16	U13 B	Henry Dover	Colchester & Tendring AC	30
17	U13 G	Samiya Aitmarri	Basildon AC	33	16	U13 B	Freddy Taiani	Basildon AC	30
18	U13 G	Madeleine Claydon	Colchester Harriers AC	35	18	U13 B	Kyle Gill	East Essex Triathlon Club	31
18	U13 G	Maddie Barker	Havering AC	35	19	U13 B	Archie Connors	Benfleet Running Club	33
20	U13 G	Hannah Johnson	Havering AC	36	20	U13 B	Fred Tall	Southend-on-Sea AC	36
21	U13 G	Rebecca O'Rourke	Havering AC	39	20	U13 B	Tom Cozens	Southend-on-Sea AC	36
21	U13 G	Robyn Bartholomew	Southend-on-Sea AC	39	22	U13 B	Timi McDaniel	Havering AC	40
23	U13 G	Lauryn Wood	Chelmsford AC	40	23	U13 B	Kai Lovelock	Thurrock Harriers	43
24	U13 G	Rose Mears	Havering AC	44	24	U13 B	Oliver Yexley	Havering AC	44
24	U13 G	Alice Atkins	Havering AC	44	25	U13 B	Daniel Pike	Discovery Triathlon Club	46
26	U13 G	Leila Querns	Cambridge & Coleridge AC	48	26	U13 B	Thomas Woodward	Chelmsford AC	49
27	U13 G	MacKenzie Cranfield	Harlow AC	53	27	U13 B	Onyeka Okoh	Chelmsford AC	51
28	U13 G	Jessie Collier	Havering AC	54	28	U13 B	Sunny Vehit	Thurrock Harriers	55
29	U13 G	Molly Redgrave	Colchester & Tendring AC	55	29	U13 B	Ellis Wright	Basildon AC	62
30	U13 G	Rebecca Natu	Orion Harriers	57	30	U13 B	Noah Trencher	Thurrock Harriers	64
31	U13 G	Kennedy Beardwell	Thurrock Harriers	60	30	U13 B	Mario Dabrescu	Ilford AC	64
32	U13 G	Mazy King	Colchester & Tendring AC	61	32	U13 B	Cory Campbell	Orion Harriers	71
32	U13 G	Morgan Romain	Havering AC	61	33	U13 B	Tom Gibney	East Essex Triathlon Club	82
34	U13 G	Mary Lammas	Havering AC	65	34	U13 B	Nic Key	Benfleet Running Club	83
35	U13 G	Anna Leinemann	Discovery Triathlon Club	68	35	U13 B	Liam Gibney	East Essex Triathlon Club	92
36	U13 G	Holly Webb	Cambridge & Coleridge AC	70	36	U13 B	Alex Aldridge	Southend-on-Sea AC	96
36	U13 G	Lauren Hazle	Chelmsford AC	70					
38	U13 G	Katie Brennan	Harlow AC	71					
38	U13 G	Madeline Booty	Thurrock Harriers	71					
40	U13 G	Jemima Maidment	Orion Harriers	81					
41	U13 G	Sophia Johns	Discovery Triathlon Club	94					
41	U13 G	Eve Smith	Orion Harriers	94					

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U15 G	Molly Sweetman	Havering AC	2	1	U15 B	Leon Wheeler	Thurrock Harriers	2
2	U15 G	Grace Burrell	Basildon AC	4	2	U15 B	Danny Millward	Colchester Harriers AC	4
3	U15 G	Hayley Instance	Thurrock Harriers	5	3	U15 B	Oliver Lill	Basildon AC	6
4	U15 G	Helena Dyce	Cambridge & Coleridge AC	8	4	U15 B	Mungo Prior	Ilford AC	8
5	U15 G	Savanna Sirkett	Harlow AC	9	5	U15 B	Max Caulfield	Colchester Harriers AC	9
6	U15 G	Faye Sweeting	Chelmsford AC	11	6	U15 B	Kai Boggon	Guest - WG & EL	13
7	U15 G	Georgia Tombs	Chelmsford AC	12	6	U15 B	Jay Shotter	Orion Harriers	13
8	U15 G	Martha Smith	Chelmsford AC	14	6	U15 B	Joseph Trim	East Essex Triathlon Club	13
9	U15 G	Annalie Cole	Orion Harriers	15	9	U15 B	Zach Bridgeland	Chelmsford AC	17
10	U15 G	Sophie Wetheridge	Basildon AC	18	10	U15 B	Ben Prior	Thurrock Harriers	18
11	U15 G	Hollie Rex	Basildon AC	19	11	U15 B	Harry Parker	Thurrock Harriers	22
12	U15 G	Lily Bath	Havering AC	20	12	U15 B	Sam Wheatley	Southend-on-Sea AC	24
12	U15 G	Lucy Aitchinson	Chelmsford AC	20	13	U15 B	Ermeas Aferwerki	Colchester & Tendring AC	26
14	U15 G	Grace Dukelow	Havering AC	21	14	U15 B	Ziggy Lambton	Colchester Harriers AC	31
15	U15 G	Matilda Taylor	Cambridge & Coleridge AC	24	15	U15 B	Joe Morgan	Harlow AC	32
16	U15 G	Keirra Scott	Basildon AC	27	15	U15 B	Matthew Warner	Southend-on-Sea AC	32
16	U15 G	Hannah Phipps	Basildon AC	27	17	U15 B	Finnlay Lowe	Thurrock Harriers	35
18	U15 G	Lucy Gray	Chelmsford AC	30	18	U15 B	Thomas Palmer	Colchester & Tendring AC	37
19	U15 G	Abigail Kerr	Braintree & District AC	31	19	U15 B	Daniel McGill	Basildon AC	38
19	U15 G	Becci Leddy	Orion Harriers	31	19	U15 B	Jamie Putt	Harlow AC	38
21	U15 G	Aoibheann Pearce	Orion Harriers	33	21	U15 B	Alex Friend	Havering AC	39
22	U15 G	Lizzie Woods	Colchester Harriers AC	37	22	U15 B	Tyler Wiltshire	Braintree & District AC	46
23	U15 G	Saffron Rose	Colchester & Tendring AC	42	23	U15 B	James Wright	Basildon AC	49
24	U15 G	Lena Leinemann	Discovery Triathlon Club	44	24	U15 B	George Hill	Basildon AC	50
25	U15 G	Emily Fall	Thurrock Harriers	51	25	U15 B	James Rashbrook	Basildon AC	52
26	U15 G	Kiera Delaney	Basildon AC	52	25	U15 B	Saul Ashon	Orion Harriers	52
27	U15 G	Kate Walker	Havering AC	53	27	U15 B	Scott Thomas	Chelmsford AC	56
27	U15 G	Tia Cocca	Chelmsford AC	53	27	U15 B	Issac Dodd	Southend-on-Sea AC	56
27	U15 G	Sasha Clark	Cambridge & Coleridge AC	53	29	U15 B	Henri Willett	Thurrock Harriers	57
27	U15 G	Hannah Rodgers	Colchester Harriers AC	53	30	U15 B	Josh McGill	Basildon AC	59
31	U15 G	Isabella Minder	Colchester Harriers AC	55	30	U15 B	Billy Saunders	Basildon AC	59
32	U15 G	Katie Rafferty	Havering AC	56	30	U15 B	Jack Saunders	Basildon AC	59
33	U15 G	Eliza Warren	Harlow AC	59	33	U15 B	Sam Sloan	Harlow AC	61
34	U15 G	Jessica James	Havering AC	66	34	U15 B	Jamie Mack	Thurrock Harriers	62
35	U15 G	Charlotte Grant	Orion Harriers	67	34	U15 B	Harry Clarke	Chelmsford AC	62
36	U15 G	Charlotte Wright	Havering AC	73	36	U15 B	Ben Podd	Chelmsford AC	64
37	U15 G	Amy Cope	Cambridge & Coleridge AC	76	37	U15 B	Louis Berrett	Havering AC	68
38	U15 G	Mairi Malcolm	Harlow AC	77	38	U15 B	Ben Naish	Havering AC	72
					39	U15 B	Mark Beale	Chelmsford AC	75
					40	U15 B	Sam Tremelling	Chelmsford AC	76
					40	U15 B	Dominic Jarvis	Havering AC	76
					42	U15 B	Henry Jones	Orion Harriers	78
					43	U15 B	Ethan Hunter	Chelmsford AC	84
					44	U15 B	Matthew Edwards	Havering AC	86
					45	U15 B	Henry Lay	Havering AC	88
					46	U15 B	Bradley Deacon	Ilford AC	90
					46	U15 B	Ellis Swindell	Thurrock Harriers	90
					48	U15 B	Peter Brinton-Quinn	Havering AC	94
					49	U15 B	Jake Long	Havering AC	103
					49	U15 B	James Lee	Basildon AC	103

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	U17W	Khahisa Mhlanga	Chelmsford AC	2	1	U17M	Joseph Owen	Orion Harriers	3
2	U17W	Jessica Mitchell	Havering AC	5	2	U17M	Lewis Harknett	Harlow AC	4
2	U17W	Kate O'Neill	Havering AC	5	3	U17M	Sam Norris	Southend-on-Sea AC	9
4	U17W	Amber Pullinger	Thurrock Harriers	6	4	U17M	Ben Miller	Colchester & Tendring AC	10
5	U17W	Rachel Broome	Chelmsford AC	11	5	U17M	Oscar Dawson	Colchester Harriers AC	14
6	U17W	Sinead Clark	Benfleet Running Club	13	6	U17M	Isaac Brown	Basildon AC	16
6	U17W	Lottie Rowedder	Harlow AC	13	6	U17M	Joseph Clark	Orion Harriers	16
8	U17W	Hannah Watson	Colchester Harriers AC	15	8	U17M	Sarab Dhillon	Thurrock Harriers	21
9	U17W	Elsie Gray	Colchester & Tendring AC	17	8	U17M	Oliver Randall	Southend-on-Sea AC	21
9	U17W	Sophie Rand	Havering AC	17	10	U17M	Joe Logan	Thurrock Harriers	25
11	U17W	Jo Rimmington	Southend-on-Sea AC	21	10	U17M	Sam Atkins	Havering AC	25
11	U17W	Mary Ann Deasy	Colchester & Tendring AC	21	10	U17M	Jake Young	Colchester Harriers AC	25
13	U17W	Abby Rex	Basildon AC	26	13	U17M	Freddy Richardson	Colchester & Tendring AC	26
14	U17W	Catherine Barker	Havering AC	31	14	U17M	Jack Exley	Thurrock Harriers	27
15	U17W	Niamh Smith	Basildon AC	40	15	U17M	Lewis Debenham	Havering AC	29
16	U17W	Lucie Ball	Thurrock Harriers	42	15	U17M	Callum Liassi	Benfleet Running Club	29
17	U17W	Emma Stephens	Cambridge & Coleridge AC	44	17	U17M	Matt Norris	Southend-on-Sea AC	31
18	U17W	Genevieve Pate	Benfleet Running Club	47	18	U17M	Owen Harknett	Harlow AC	34
19	U17W	Mia Slesser	Southend-on-Sea AC	50	19	U17M	Luke Gill	East Essex Triathlon Club	35
20	U17W	Leah McGill	Basildon AC	57	20	U17M	Fergus Crouch	Colchester Harriers AC	37
21	U17W	Emily James	Havering AC	59	21	U17M	Tom Stuttle	Southend-on-Sea AC	40
					22	U17M	Drew Olley	Colchester Harriers AC	42
1	U20W	Belinda Dow	Cambridge & Coleridge AC	15	23	U17M	Craig Wheeler	Southend-on-Sea AC	44
2	U20W	Lydia Callan	Chelmsford AC	25	23	U17M	Eden Coleman	Orion Harriers	44
3	U20W	Megan Williams	Chelmsford AC	31	25	U17M	Reece Scott	Basildon AC	48
4	U20W	Brooke Mensah	Thurrock Harriers	41	26	U17M	Joseph Boden	Colchester Harriers AC	50
5	U20W	Georgia Phillips	Havering AC	54	27	U17M	George Applewhite	Basildon AC	52
					28	U17M	Oliver Bath	Havering AC	59

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
1	SW	Kerry Holland	Southend-on-Sea AC	6	1	U20	Harrison Smith	Basildon AC	20
2	SW	Laura Brooks	Basildon AC	10	1	U20	Ben Davis	Havering AC	20
3	SW	Alexa Joel	Chelmsford AC	11	3	U20	Ramadan Osman	Colchester Harriers AC	21
4	SW	Clare Thurgood	Orion Harriers	12	4	U20	Max Jones	Basildon AC	36
5	SW	Claire Somerton	Cambridge & Coleridge AC	15	5	U20	Brandon Thorpe	Basildon AC	40
6	SW	Rebecca Luxton	Chelmsford AC	17	6	U20	Darren Blackwell	Chelmsford AC	42
7	SW	Vicki Hayes	Chelmsford AC	22	7	U20	Samuel Smith	Thurrock Harriers	43
8	SW	Sarah Imbush	Southend-on-Sea AC	25	8	U20	Joseph Patterson	Colchester & Tendring AC	47
9	SW	Rebecca Cooke	Colchester Harriers AC	26	9	U20	William Page	Colchester & Tendring AC	52
10	SW	Sarah Pennington	Southend-on-Sea AC	29	10	U20	Dan Richards	Orion Harriers	53
11	SW	Stacey Eyles	Colchester Harriers AC	31	11	U20	George Day	Orion Harriers	54
12	SW	Ella Neale	Colchester Harriers AC	35	12	U20	Oliver Mann	Thurrock Harriers	77
13	SW	Nicola Bredin	Basildon AC	39	13	U20	Christian Gray	Basildon AC	92
14	SW	Karen Whitmarsh	Basildon AC	43	14	U20	James Stewart	Havering AC	94
15	SW	Natalie Kipps	Orion Harriers	47	15	U20	Euan Harlow	Havering AC	96
16	SW	Danielle Sale	Orion Harriers	65	16	U20	Curtis Wood	Cambridge & Coleridge AC	111
16	SW	Andrea James	Colchester Harriers AC	65	17	U20	Tom Muers	East Essex Triathlon Club	121
18	SW	Holly Gillard	Southend-on-Sea AC	70	18	U20	Conor Culham	Braintree & District AC	140
19	SW	Hazel Buist	Halstead RR	83	19	U20	Kieran O'Hara	Havering AC	144
20	SW	Eira Booth	Pitsea Running Club	85	20	U20	Ben Holdgate	Braintree & District AC	147
21	SW	Jayne Stacey	Benfleet Running Club	93	21	U20	Aidan Elmore	Havering AC	228
22	SW	Loretta Chalkey	Thrift Green Trotters	99					
23	SW	Sarah Frost	Halstead RR	127	1	SM	Tom Frith	Southend-on-Sea AC	2
24	SW	Becky Bottjer	Colchester Harriers AC	160	2	SM	Rob Warner	Havering AC	4
25	SW	Grace Reeman	Phoenix Striders	171	3	SM	Matt Granger	Chelmsford AC	8
26	SW	Vicki Calleja	Thrift Green Trotters	198	4	SM	Ryan Prout	Chelmsford AC	9
					5	SM	Alec Finch	Thurrock Harriers	11
1	W35	Liz Davies	Springfield Striders RC	3	6	SM	Tom Gardner	Ilford AC	12
2	W35	Sally Judd	Chelmsford AC	14	7	SM	Carwyn Jones	Colchester Harriers AC	13
3	W35	Hayley Rogerson	Orion Harriers	43	8	SM	Tristan Windley	Springfield Striders RC	18
4	W35	Louise Douglass	Basildon AC	46	9	SM	Rhys Gillard	Southend-on-Sea AC	20
5	W35	Annette Oakman	Colchester Harriers AC	48	10	SM	Oliver Park	Cambridge & Coleridge AC	27
6	W35	Emily Smith	Springfield Striders RC	58	11	SM	Chris Sellens	Colchester Harriers AC	29
7	W35	Natasha Lagden	Southend-on-Sea AC	68	12	SM	Charlie Parker	Southend-on-Sea AC	34
8	W35	Victoria Curren	Springfield Striders RC	70	13	SM	Kurtis Swan	Billericay Striders RC	35
8	W35	Kasia Kostyrka	Southend-on-Sea AC	70	14	SM	Scott Cousins	Springfield Striders RC	41
10	W35	Rachel Roughan	Springfield Striders RC	74	15	SM	Nick Smallwood	Cambridge & Coleridge AC	44
11	W35	Kathleen Short	Thrift Green Trotters	76	15	SM	Alex Manton	Springfield Striders RC	44
12	W35	Jo Sullivan	Havering AC	86	17	SM	Paul Grange	Havering AC	60
12	W35	Ruth Havis	Billericay Striders RC	86	18	SM	James Wright	Springfield Striders RC	65
14	W35	Debbielyn Hallam	Southend-on-Sea AC	104	19	SM	Sam Cornforth	Springfield Striders RC	68
15	W35	Joanne Ling	Billericay Striders RC	105	20	SM	Lee Baynton	Benfleet Running Club	69
16	W35	Sarah Norton	Benfleet Running Club	114	21	SM	Andy Jopson	Benfleet Running Club	74
17	W35	Maria McQueenie	Phoenix Striders	169	22	SM	Philip Smith	Springfield Striders RC	80
18	W35	Lorna Mess	Thrift Green Trotters	170	23	SM	Chris Wayman	Benfleet Running Club	92
19	W35	Clare Hills	Thrift Green Trotters	175	24	SM	Chris O'Hara	Billericay Striders RC	96
20	W35	Pippa Harrington	Thrift Green Trotters	176	25	SM	Cameron Humphries	Colchester Harriers AC	99
					26	SM	Jack Morris	Pitsea Running Club	133
1	W45	Margaret Deasy	Colchester & Tendring AC	24	27	SM	Graeme Kennedy	Cambridge & Coleridge AC	137
2	W45	Denise Morley	Colchester Harriers AC	27	28	SM	Callum Wallace	Southend-on-Sea AC	149
3	W45	Wendy King	Chelmsford AC	31	29	SM	Ewan McFarlane	Phoenix Striders	151
4	W45	Alison Trauttmsdorff	Orion Harriers	50	30	SM	Neil McGoun	Orion Harriers	153
5	W45	Joanne Smith	Chelmsford AC	52	31	SM	Dan Reynolds	Mid Essex Casuals	161
6	W45	Jacqui Watson	Benfleet Running Club	80	32	SM	Jim Clark	Halstead RR	167
7	W45	Lorna Pettifer	Mid Essex Casuals	90	33	SM	Richard Rowe	Havering AC	182
8	W45	Nicola Hopkinson	Ilford AC	91	34	SM	Steve May	Halstead RR	207
9	W45	Mandy Wetheridge	Basildon AC	99	35	SM	Chris Allen	Basildon AC	214
10	W45	Jo Pearce	Phoenix Striders	102	36	SM	Alfie Waitthaka	Havering AC	219
11	W45	Lorna Gaffney	Loughton AC	106	37	SM	John Greenley	Halstead RR	232
11	W45	Dianne Crisp	Ilford AC	106	38	SM	Andy Owen	Halstead RR	235
13	W45	Mandy Cooper	Benfleet Running Club	118	39	SM	Joel Hayhow	Orion Harriers	236
13	W45	Wendy Carter	Halstead RR	118	40	SM	Joe McGrath	Basildon AC	253
15	W45	Allison Gillan	Springfield Striders RC	121	41	SM	Chris Footer	Phoenix Striders	297
16	W45	Ruth Roberts	Phoenix Striders	125	41	SM	Tony Collins	Havering AC	297
16	W45	Juliet Warren-Penny	Springfield Striders RC	125	43	SM	Steve Rebel	Thrift Green Trotters	333
18	W45	Sue Crompton	Southend-on-Sea AC	126					

Pos	Cat	Athlete	Team	Pts	Pos	Cat	Athlete	Team	Pts
19	W45	Dianne Fairchild	Thrift Green Trotters	129	1	V40	Sullivan Smith	Cambridge & Coleridge AC	5
20	W45	Jane Hallam	Havering AC	134	2	V40	Steve Rand	Havering AC	31
21	W45	Juliet Ward	Havering AC	139	3	V40	Lee Taylor	Southend-on-Sea AC	46
21	W45	Rebecca Taylor	Southend-on-Sea AC	139	4	V40	Robin Tubbs	Chelmsford AC	67
21	W45	Tracy O'Neill	Havering AC	139	5	V40	Paul Holloway	Iford AC	70
24	W45	Annette Johnson	Benfleet Running Club	158	5	V40	Scott Rice	Thurrock Harriers	70
25	W45	Laura Williams	Benfleet Running Club	160	7	V40	Lee Martin	Springfield Striders RC	78
26	W45	Sarah Goodwin	Springfield Striders RC	164	8	V40	Mark Harrod	Colchester Harriers AC	81
27	W45	Joanne Day	Thrift Green Trotters	172	8	V40	Paul Rodgers	Colchester Harriers AC	81
28	W45	Doris Gaga	Iford AC	179	10	V40	Colin Read	Orion Harriers	85
1	W55	Christine Deacon	Billericay Striders RC	92	11	V40	Stuart Raven	Springfield Striders RC	86
2	W55	Valerie Sinclair	Pitsea Running Club	146	12	V40	Scott Dryden	Springfield Striders RC	88
3	W55	Beryl De Smedt	Phoenix Striders	154	13	V40	Andy Low	Benfleet Running Club	92
4	W55	Gillian Harrison	Pitsea Running Club	164	14	V40	Graham Booty	Benfleet Running Club	96
5	W55	Jackie Woodruffe	Thrift Green Trotters	175	15	V40	Gary Chandler	Springfield Striders RC	101
6	W55	Tracey Minton	Chelmsford AC	195	16	V40	Terry Spooner	Benfleet Running Club	102
1	W65	Teresa Flannigan	East Essex Triathlon Club	158	17	V40	Adam Baker	Orion Harriers	106
2	W65	Pam Jones	Iford AC	179	18	V40	Jon Nears	Colchester Harriers AC	111
					19	V40	Anthony Goodall	Springfield Striders RC	115
					20	V40	Adrian Smith	Orion Harriers	121
					21	V40	Christian Holmes	Southend-on-Sea AC	132
					22	V40	Richard Candler	Halstead RR	136
					23	V40	Andy Wright	Billericay Striders RC	137
					24	V40	James Campion	Southend-on-Sea AC	161
					25	V40	Ian O'Neil	Thrift Green Trotters	163
					25	V40	Mark Buckley	Springfield Striders RC	163
					27	V40	Steve Walker	Havering AC	176
					27	V40	Tim Wright	Orion Harriers	176
					29	V40	Gary Atkins	Havering AC	186
					30	V40	Stuart Colley	Orion Harriers	189
					31	V40	Jon Wyatt	East Essex Triathlon Club	191
					32	V40	Russell Goodridge	Colchester Harriers AC	194
					33	V40	Myles Coulson	Braintree & District AC	197
					34	V40	Graham Hogan	Havering AC	199
					35	V40	Jon Byford	Springfield Striders RC	212
					36	V40	Greg Wisken	Mid Essex Casuals	221
					37	V40	Brian Venton	Benfleet Running Club	230
					38	V40	Ian Pike	Benfleet Running Club	232
					39	V40	Mike Grout	Benfleet Running Club	244
					40	V40	Paul Agastina	Phoenix Striders	259
					41	V40	Simon Morgan	Colchester Harriers AC	261
					41	V40	Matt Gillard	Southend-on-Sea AC	261
					43	V40	John Rex	Basildon AC	273
					44	V40	Gary Rowlatt	Thurrock Harriers	284
					45	V40	Ian Chandler	Halstead RR	285
					46	V40	James Price	Phoenix Striders	294
					47	V40	Lawrence Harrison	Billericay Striders RC	301
					48	V40	Trevor Robinson	Loughton AC	316
					49	V40	Dennis Briggs	Iford AC	318
					50	V40	Ricky Lee	Billericay Striders RC	334
					51	V40	Lee Hazlewood	Phoenix Striders	346
					1	V50	Colin Ridley	Colchester Harriers AC	65
					2	V50	Paul Spowage	Colchester Harriers AC	104
					3	V50	Michael Bridgeland	Chelmsford AC	111
					4	V50	Alec Kyriakides	Southend-on-Sea AC	128
					5	V50	John Barker	Thrift Green Trotters	142
					6	V50	Don Lawless	Thurrock Harriers	151
					7	V50	Paul Broome	Springfield Striders RC	159
					8	V50	Peter West	Colchester Harriers AC	164
					9	V50	Alan Clark	Benfleet Running Club	176
					10	V50	Neil Swift	Orion Harriers	183
					11	V50	Peter Tullett	Chelmsford AC	188
					12	V50	David Findlay	Basildon AC	195
					13	V50	Trevor Horncastle	Phoenix Striders	201
					14	V50	Phil Olsen	Thrift Green Trotters	204

Pos	Cat	Athlete	Team	Pts
15	V50	James Hart	Orion Harriers	211
16	V50	Steve Foggo	Billericay Striders RC	219
17	V50	Richard Bullis	Basildon AC	226
18	V50	Keith Thornton	Thrift Green Trotters	240
19	V50	Dave Brock	Orion Harriers	248
20	V50	Kevin Kirby	Chelmsford AC	260
21	V50	Julian Catmull	Springfield Striders RC	265
22	V50	Paul Williams	Orion Harriers	267
23	V50	Gary Bartlett	Orion Harriers	272
24	V50	Martin Orford	Phoenix Striders	278
25	V50	Rhys Davis	Basildon AC	299
26	V50	Neil Clark	Phoenix Striders	304
27	V50	James MacNish-Porter	Thrift Green Trotters	311
28	V50	Duncan Russell	Phoenix Striders	318
29	V50	Eddie Mills	Phoenix Striders	327
30	V50	Paul Williams	Pitsea Running Club	329
31	V50	Dave Girt	Southend-on-Sea AC	330
32	V50	Dennis Dudley	Benfleet Running Club	335
33	V50	Paul Tawn	Mid Essex Casuals	343
34	V50	Dave Lane	Phoenix Striders	360
35	V50	Melvyn Cooper	Thrift Green Trotters	361
1	V60	Tony Nixon	Ilford AC	206
2	V60	Bob Langley	Halstead RR	209
3	V60	Charlie Ritchie	Cambridge & Coleridge AC	211
4	V60	Peter Binns	Southend-on-Sea AC	221
5	V60	Mick Bumstead	Thurrock Harriers	231
6	V60	Ian Gill	East Essex Triathlon Club	279
7	V60	Ted Skinner	Ilford AC	294
8	V60	Bernard Johnson	Thurrock Harriers	310
9	V60	Peter McLaughlin	Pitsea Running Club	316
9	V60	Brian Butcher	Mid Essex Casuals	316