



**Essex Cross Country League (2)**

Sponsored by

**Hylands Park, Chelmsford**

**U13 Girls**

**29/10/2016**

Pos	Name	Team	Time
1	Abigail Ives	Basildon AC	9: 44
2	Sydney Foley	Havering AC	10: 04
3	Erin Little	Chelmsford AC	14
4	Sophie Magson	Harlow AC	19
5	Holly Freegard	Basildon AC	24
6	Milly Presland	Colchester Harriers AC	31
7	Demi Eaves	Thurrock Harriers	38
8	Chloe Rand	Havering AC	55
9	Maisy Silverstone	Orion Harriers	11: 03
10	Rose Sheppard	Braintree & District AC	09
11	Holly Hagan	Havering AC	14
12	Sasha Whiley	Chelmsford AC	17
13	Hollie McArdell	Guest - Woodford Green	18
14	Sophie Anderson	Southend-on-Sea AC	24
15	Samiya Aitmarri	Basildon AC	25
16	Hannah Yexley	Havering AC	28
17	Alex Bell-Cobbold	Colchester Harriers AC	29
18	Alex Dawson	Orion Harriers	33
19	Libby Gosling	Orion Harriers	36
20	Grace Holmes	Southend-on-Sea AC	38
21	Hannah Johnson	Havering AC	41
22	Rebecca O'Rourke	Havering AC	43
23	Rose Mears	Havering AC	45
24	Hannah Peacock	Thurrock Harriers	46
25	Molly Redgrave	Colchester & Tendring AC	49
26	Maddie Barker	Havering AC	50
27	Leila Querns	Cambridge & Coleridge AC	53
28	MacKenzie Cranfield	Harlow AC	55
29	Alice Atkins	Havering AC	57
30	Jessie Collier	Havering AC	12: 01
31	Tegan Rayner	Braintree & District AC	02
32	Robyn Bartholomew	Southend-on-Sea AC	08
33	Mazy King	Colchester & Tendring AC	11
34	Mary Lammas	Havering AC	15
35	Ciara Pearce	Orion Harriers	17
36	Scarlett Williams	Braintree & District AC	19
37	Lauren Hazle	Chelmsford AC	23
38	Katie Brazier	Chelmsford AC	24
39	Kennedy Beardwell	Thurrock Harriers	29
40	Rebecca Natu	Orion Harriers	30

Pos	Name	Team	Time
41	Isabelle O'Connor	Havering AC	12: 33
42	Unknown Runner	Unknown	41
43	Morgan Romain	Havering AC	42
44	Katie Brennan	Harlow AC	46
45	Ciara Martin	East Essex Triathlon Club	13: 09
46	Emily White	Colchester & Tendring AC	15
47	Madeline Booty	Thurrock Harriers	15
48	Anna Leinemann	Discovery Triathlon Club	36
49	Emily McGill	Colchester Harriers AC	41
50	Rosie Keane	Chelmsford AC	53
51	Rebekkah Long	Discovery Triathlon Club	10
52	Sophia Johns	Discovery Triathlon Club	14
53	Jemima Maidment	Orion Harriers	39
54	Kinsey Lowe	Thurrock Harriers	14
55	Eve Smith	Orion Harriers	58

**Teams**

1	Havering AC	37
2	Orion Harriers	81
3	Chelmsford AC	90
4	Thurrock Harriers	117
5	Basildon AC	21 (3)
6	Southend-on-Sea AC	66 (3)
7	Colchester Harriers AC	72 (3)
8	Harlow AC	76 (3)
9	Braintree & District AC	77 (3)
10	Colchester & Tendring AC	104 (3)
11	Discovery Triathlon Club	151 (3)
12	Cambridge & Coleridge AC	27 (1)

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**U13 Boys**

**29/10/2016**

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Luke Pullen	Southend-on-Sea AC	9: 24	41	Lois Gore	Colchester Harriers AC	11: 11
2	Matthew Brayshaw	Colchester & Tendring AC	28	42	Callum Hynes	Southend-on-Sea AC	13
3	Kristian Kalmanis	Southend-on-Sea AC	29	43	Sunny Vehit	Thurrock Harriers	13
4	Seb Poskitt-Richardson	Southend-on-Sea AC	31	44	Charlie Knowler	Cambridge & Coleridge AC	16
5	Alex Ford	Havering AC	34	45	Dolapo Adetunji	Chelmsford AC	17
6	Jorge Aguilar-Agon	Cambridge & Coleridge AC	34	46	Mario Dabrescu	Ilford AC	19
7	Toby Linsell	Southend-on-Sea AC	39	47	Oscar Piggott	Billericay Striders RC	21
8	Miles Benyan	Cambridge & Coleridge AC	40	48	Tom Gibney	East Essex Triathlon Club	23
9	Joe Muller	Southend-on-Sea AC	40	49	Cory Campbell	Orion Harriers	26
10	Matthew Blacklock	Havering AC	53	50	Joseph Partridge	Braintree & District AC	26
11	Daniel Houchell	Basildon AC	55	51	James Wild	Southend-on-Sea AC	26
12	Jimmy Geller	Guest - Woodford Green	58	52	Ellis Wright	Basildon AC	49
13	Jake Borrett	Cambridge & Coleridge AC	10: 00	53	James Monaghan	Havering AC	12: 00
14	Luke Randall	Southend-on-Sea AC	02	54	Harley Chapman	Basildon AC	22
15	Gabriel Parmenter	Cambridge & Coleridge AC	04	55	Liam Gibney	East Essex Triathlon Club	28
16	Dylan Harrod	Thurrock Harriers	04	56	Nic Key	Benfleet Running Club	13: 06
17	Joseph Wheeler	Cambridge & Coleridge AC	04		Alex Aldridge	Southend-on-Sea AC	30
18	Maxwell Chenn	Guest - Woodford Green	05				
19	Henry Dover	Colchester & Tendring AC	06				
20	Micky Jones	Southend-on-Sea AC	08				
21	Finn McGrath	Cambridge & Coleridge AC	09				
22	Owen Adams	Basildon AC	12				
23	Matthew Hick	Ilford AC	13				
24	Archie Connors	Benfleet Running Club	18				
25	Sam Bradley	Havering AC	21				
26	Onyeka Okoh	Chelmsford AC	28				
27	Kai Lovelock	Thurrock Harriers	32				
28	Tom Cozens	Southend-on-Sea AC	32				
29	Oliver Yexley	Havering AC	33				
30	George Mann	Colchester Harriers AC	36				
31	Lenny Houston	Havering AC	38				
32	Jude Walton	Southend-on-Sea AC	47				
33	Freddy Taiani	Basildon AC	48				
34	Charlie Regan	Colchester & Tendring AC	50				
35	Kyle Gill	East Essex Triathlon Club	51				
36	Thomas Woodward	Chelmsford AC	57				
37	Michael Knowles	Colchester & Tendring AC	58				
38	Timi McDaniel	Havering AC	11: 00				
39	Joseph Baxter	Havering AC	02				
40	Daniel Pike	Discovery Triathlon Club	08				

**Teams**

1	Southend-on-Sea AC	15
2	Cambridge & Coleridge AC	42
3	Havering AC	69
4	Colchester & Tendring AC	92
5	Basildon AC	118
6	Thurrock Harriers	86 (3)
7	Chelmsford AC	107 (3)
8	East Essex Triathlon Club	138 (3)
9	Ilford AC	69 (2)
10	Colchester Harriers AC	71 (2)
11	Benfleet Running Club	80 (2)
12	Discovery Triathlon Club	40 (1)
13	Billericay Striders RC	47 (1)

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## Essex Cross Country League (2)

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### U15 Girls

29/10/2016

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Molly Sweetman	Havering AC	11: 53	41	Isabella Minder	Colchester Harriers AC	15: 28
2	Grace Burrell	Basildon AC	12: 08	42	Grace Malcolm	Harlow AC	34
3	Hayley Instance	Thurrock Harriers	14	43	Chloe Morter	Havering AC	38
4	Helena Dyce	Cambridge & Coleridge AC	19	44	Lily Waterson	Colchester Harriers AC	43
5	Faye Sweeting	Chelmsford AC	25	45	Emily Fall	Thurrock Harriers	46
6	Savanna Sirkett	Harlow AC	50	46	Charlotte Wright	Havering AC	53
7	Lily Bath	Havering AC	55	47	Jessica James	Havering AC	16: 03
8	Annalie Cole	Orion Harriers	58	48	Amy Cope	Cambridge & Coleridge AC	22
9	Martha Smith	Chelmsford AC	13: 02	49	Mairi Malcolm	Harlow AC	49
10	Grace Dukelow	Havering AC	04	50	Millie Brooks	Basildon AC	16
11	Keirra Scott	Basildon AC	08				
12	Matilda Taylor	Cambridge & Coleridge AC	10				
13	Poppy Ellis	Havering AC	16				
14	Holly Rex	Basildon AC	29				
15	Rosie Brown	Havering AC	30				
16	Lucy Gray	Chelmsford AC	35				
17	Hannah Phipps	Basildon AC	36				
18	Georgia Tombs	Chelmsford AC	39				
19	Grace Ralston	Southend-on-Sea AC	40				
20	Sophie Wetheridge	Basildon AC	43				
21	Abigail Kerr	Braintree & District AC	44				
22	Lizzie Woods	Colchester Harriers AC	47				
23	Aoibheann Pearce	Orion Harriers	51				
24	Zoe Rutter	Harlow AC	58				
25	Saffron Rose	Colchester & Tendring AC	14: 00				
26	Molly Bath	Havering AC	01				
27	Becci Leddy	Orion Harriers	14				
28	Abigail Barnes	Braintree & District AC	15				
29	Kate Walker	Havering AC	30				
30	Ella Findlay	Basildon AC	38				
31	Tia Cocca	Chelmsford AC	39				
32	Sasha Clark	Cambridge & Coleridge AC	40				
33	Kiera Delaney	Basildon AC	54				
34	Georgina Frimpong	Basildon AC	55				
35	Eliza Warren	Harlow AC	56				
36	Lena Leinemann	Discovery Triathlon Club	15: 07				
37	Evie Smith	Chelmsford AC	09				
38	Charlotte Grant	Orion Harriers	24				
39	Jasmine Offiler	Orion Harriers	25				
40	Hannah Rodgers	Colchester Harriers AC	26				

#### Teams

1	Havering AC	31
2	Basildon AC	44
3	Chelmsford AC	48
4	Orion Harriers	96
5	Cambridge & Coleridge AC	96
6	Harlow AC	107
7	Colchester Harriers AC	147
8	Thurrock Harriers	48 (2)
9	Braintree & District AC	49 (2)
10	Southend-on-Sea AC	19 (1)
11	Colchester & Tendring AC	25 (1)
12	Discovery Triathlon Club	36 (1)

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## Essex Cross Country League (2)

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### Hylands Park, Chelmsford

### U15 Boys

29/10/2016

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Leon Wheeler	Thurrock Harriers	10: 51	41	Dominic Clatworthy	Chelmsford AC	13: 00
2	Danny Millward	Colchester Harriers AC	54	42	Seb Clatworthy	Chelmsford AC	02
3	Oliver Lill	Basildon AC	57	43	Ross Walker	Chelmsford AC	13
4	Mungo Prior	Ilford AC	11: 00	44	Ellis Swindell	Thurrock Harriers	19
5	Max Caulfield	Colchester Harriers AC	07	45	Bradley Deacon	Ilford AC	20
6	Jay Shotter	Orion Harriers	16	46	Mark Beale	Chelmsford AC	24
7	Joseph Trim	East Essex Triathlon Club	24	47	George Curtis	Chelmsford AC	26
8	Harry Parker	Thurrock Harriers	32	48	Ethan Hunter	Chelmsford AC	29
9	Ermeas Aferwerki	Colchester & Tendring AC	33	49	James Lee	Basildon AC	35
10	Ben Prior	Thurrock Harriers	34	50	Leo Ronson	Ilford AC	45
11	Alex Friend	Havering AC	37	51	Jake Long	Havering AC	14: 02
12	Joe Geller	Guest - Woodford Green	40	52	Zach Bridgeland	Chelmsford AC	09
13	Issac Dodd	Southend-on-Sea AC	42	53	Peter Brinton-Quinn	Havering AC	14
14	Sam Gardiner	Colchester & Tendring AC	43	54	Alexander Cowie	Colchester & Tendring AC	15
15	Oliver Woods	Havering AC	44	55	Haydn Hawkins	Braintree & District AC	23
16	Jamie Putt	Harlow AC	44				
17	Finnlay Lowe	Thurrock Harriers	47				
18	Jo Morgan	Harlow AC	47				
19	Matthew Warner	Southend-on-Sea AC	48				
20	Sidnie Ward	Guest - Woodford Green	51				
21	Thomas Palmer	Colchester & Tendring AC	51				
22	Daniel McGill	Basildon AC	59				
23	George Hill	Basildon AC	12: 03				
24	Jack Saunders	Basildon AC	03				
25	James Wright	Basildon AC	06				
26	Tyler Wiltshire	Braintree & District AC	06				
27	James Rashbrook	Basildon AC	10				
28	Billy Saunders	Basildon AC	11				
29	Sam Sloan	Harlow AC	15				
30	Josh McGill	Basildon AC	23				
31	Saul Ashon	Orion Harriers	30				
32	Joseph Abbott	Chelmsford AC	30				
33	Henri Willett	Thurrock Harriers	31				
34	Rhys Edwards	Guest - Woodford Green	34				
35	Dominic Jarvis	Havering AC	35				
36	Sam Tremelling	Chelmsford AC	37				
37	Jamie Mack	Thurrock Harriers	40				
38	Louis Berrett	Havering AC	52				
39	Harry Clarke	Chelmsford AC	53				
40	Matthew Magin	Cambridge & Coleridge AC	13: 00				

Teams	
1	Thurrock Harriers 36
2	Basildon AC 72
3	Colchester & Tendring AC 98
4	Havering AC 99
5	Chelmsford AC 148
6	Harlow AC 63 (3)
7	Ilford AC 99 (3)
8	Colchester Harriers AC 7 (2)
9	Southend-on-Sea AC 32 (2)
10	Orion Harriers 37 (2)
11	Braintree & District AC 81 (2)
12	East Essex Triathlon Club 7 (1)
13	Cambridge & Coleridge AC 40 (1)

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## Essex Cross Country League (2)

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### Hylands Park, Chelmsford

### U17/20 Women

29/10/2016

Pos	Age	Name	Team	Time	
1	U17	Khahisa Mhlanga	Chelmsford AC	14: 58	
2	U17	Jessica Mitchell	Havering AC	15: 16	
3	U17	Julia Patermain	Cambridge & Coleridge AC	28	
4	U17	Kate O'Neill	Havering AC	30	
5	U17	Amber Pullinger	Thurrock Harriers	45	
6	U17	Sinead Clark	Benfleet Running Club	16: 03	
7	U17	Lottie Rowedder	Harlow AC	08	
8	U20	Victoria Hiscock	Benfleet Running Club	12	
9	U17	Jo Rimmington	Southend-on-Sea AC	13	
10	U17	Hannah Watson	Colchester Harriers AC	17	
11	U20	Belinda Dow	Cambridge & Coleridge AC	22	
12	U17	Rachel Broome	Chelmsford AC	30	
13	U17	Sophie Rand	Havering AC	36	
14	U17	Mary Ann Deasy	Colchester & Tendring AC	17: 05	
15	U20	Lydia Callan	Chelmsford AC	15	
16	U17	Abby Rex	Basildon AC	26	
17	U20	Megan Williams	Chelmsford AC	43	
18	U17	Emma Livingstone	Colchester Harriers AC	55	
19	U17	Jenna Williams	Southend-on-Sea AC	18: 32	
20	U17	Jordan Hinds	Iford AC	34	
21	U17	Ella Knight	Discovery Triathlon Club	57	
22	U17	Niamh Smith	Basildon AC	58	
23	U17	Catherine Barker	Havering AC	59	
24	U17	Emma Stephens	Cambridge & Coleridge AC	19: 02	
25	U17	Lucie Ball	Thurrock Harriers	07	
26	U17	Genevieve Pate	Benfleet Running Club	34	
27	U17	Mia Slesser	Southend-on-Sea AC	45	
28	U20	Brooke Mensah	Thurrock Harriers	52	
29	U17	Amelia Day	Havering AC	54	
30	U20	Georgia Phillips	Havering AC	20: 12	
31	U20	Niamh Tuohey	Benfleet Running Club	14	
32	U17	Leah McGill	Basildon AC	17	
33	U17	Emily James	Havering AC	29	
34	U17	Natasha Walter	Southend-on-Sea AC	55	
35	U17	Iona Doyle	Southend-on-Sea AC	21: 14	
36	U17	Emily Sharpe	Orion Harriers	21	
37	U17	Emily Crane	Havering AC	24: 36	
38	U17	Tish Phelps	East Essex Triathlon Club	40	
39	U17	Georgia Cranfield	Harlow AC	41	
40	U17	Anna Osbourne	Havering AC	30: 47	

  

Teams	
1	Havering AC 42
2	Chelmsford AC 45
3	Benfleet Running Club 71
4	Southend-on-Sea AC 89
5	Cambridge & Coleridge AC 38 (3)
6	Thurrock Harriers 58 (3)
7	Basildon AC 70 (3)
8	Colchester Harriers AC 28 (2)
9	Harlow AC 46 (2)
10	Colchester & Tendring AC 14 (1)
11	Iford AC 20 (1)
12	Discovery Triathlon Club 21 (1)
13	Orion Harriers 36 (1)
14	East Essex Triathlon Club 38 (1)

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## Essex Cross Country League (2)

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### Hylands Park, Chelmsford

### U17 Men

29/10/2016

Pos	Name	Team	Time
1	Elliot Cordery	Chelmsford AC	18: 28
2	Joseph Owen	Orion Harriers	30
3	Connor Page	Chelmsford AC	56
4	Tom Keevil	Chelmsford AC	19: 12
5	Lewis Harknett	Harlow AC	23
6	Charlie Everest	Chelmsford AC	34
7	Toby Wright	Southend-on-Sea AC	42
8	David Dow	Cambridge & Coleridge AC	20: 01
9	Oscar Dawson	Colchester Harriers AC	14
10	Ben Miller	Colchester & Tendring AC	15
11	Sam Norris	Southend-on-Sea AC	22
12	Isaac Brown	Basildon AC	32
13	Joseph Clark	Orion Harriers	35
14	Sarab Dhillon	Thurrock Harriers	40
15	Oliver Randall	Southend-on-Sea AC	42
16	Sam Atkins	Havering AC	51
17	Lewis Debenham	Havering AC	21: 11
18	Owen Harknett	Harlow AC	11
19	Jake Young	Colchester Harriers AC	23
20	Callum Liassi	Benfleet Running Club	29
21	Drew Olley	Colchester Harriers AC	34
22	Tom Stuttle	Southend-on-Sea AC	43
23	Matt Norris	Southend-on-Sea AC	51
24	Fergus Crouch	Colchester Harriers AC	56
25	Luke Gill	East Essex Triathlon Club	22: 06
26	Freddy Richardson	Colchester & Tendring AC	31
27	Ben Goodwin	East Essex Triathlon Club	32
28	Joseph Boden	Colchester Harriers AC	46
29	Archie French	Colchester Harriers AC	23: 03
30	Eden Coleman	Orion Harriers	34
31	Oliver Bath	Havering AC	24: 07
32	Kieran Devlin	Benfleet Running Club	25: 25
33	George Applewhite	Basildon AC	26: 14
34	Jonathan Lord	Colchester & Tendring AC	27: 12

Teams	Time
1 Chelmsford AC	14
2 Southend-on-Sea AC	55
3 Colchester Harriers AC	73
4 Orion Harriers	45 (3)
5 Havering AC	64 (3)
6 Colchester & Tendring AC	70 (3)
7 Harlow AC	23 (2)
8 Basildon AC	45 (2)
9 East Essex Triathlon Club	52 (2)
10 Benfleet Running Club	52 (2)
11 Cambridge & Coleridge AC	8 (1)
12 Thurrock Harriers	14 (1)

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## Essex Cross Country League (2)

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### Hylands Park, Chelmsford

### Senior Women

29/10/2016

Pos	Age	Name	Team	Time	
1	W35	Liz Davies	Springfield Striders RC	20: 22	
2	U20	Jodie Judd	Chelmsford AC	: 44	
3	W35	Sarah Stradling	Colchester Harriers AC	21: 05	
4	SW	Laura Brooks	Basildon AC	: 23	
5	SW	Kerry Holland	Southend-on-Sea AC	: 36	
6	SW	Alexa Joel	Chelmsford AC	: 37	
7	SW	Clare Thurgood	Orion Harriers	: 40	
8	W35	Sally Judd	Chelmsford AC	: 44	
9	SW	Rebecca Cole	Chelmsford AC	: 48	
10	SW	Lucy Charles	Orion Harriers	22: 10	
11	SW	Claire Somerton	Cambridge & Coleridge AC	: 19	
12	SW	Vicki Hayes	Chelmsford AC	: 20	
13	SW	Rebecca Luxton	Chelmsford AC	: 26	
14	W35	Lyndsey Colman	Southend-on-Sea AC	: 33	
15	SW	Sarah Imbush	Southend-on-Sea AC	: 46	
16	W45	Margaret Deasy	Colchester & Tendring AC	: 52	
17	W45	Wendy King	Chelmsford AC	: 55	
18	W45	Denise Morley	Colchester Harriers AC	23: 00	
19	SW	Fiona Hughes	Cambridge & Coleridge AC	: 04	
20	SW	Stacey Eyres	Colchester Harriers AC	: 15	
21	SW	Sarah Pennington	Southend-on-Sea AC	: 35	
22	SW	Hayley Pegg	Chelmsford AC	24: 03	
23	W35	Emily Smith	Springfield Striders RC	: 04	
24	W45	Kate Mills	Springfield Striders RC	: 07	
25	SW	Ella Neale	Colchester Harriers AC	: 09	
26	SW	Maria Beczok	Cambridge & Coleridge AC	: 09	
27	W35	Hayley Rogerson	Orion Harriers	: 13	
28	W35	Vicky Presland	Guest - Great Bentley	: 15	
29	SW	Karen Whitmarsh	Basildon AC	: 19	
30	SW	Sophie Kelly	Cambridge & Coleridge AC	: 23	
31	W45	Alison Trauttmansdorff	Orion Harriers	: 25	
32	SW	Natalie Kipps	Orion Harriers	: 30	
33	SW	Danielle Sale	Orion Harriers	: 41	
34	SW	Jackie Stretton	Springfield Striders RC	: 46	
35	W35	Annette Oakman	Colchester Harriers AC	: 48	
36	W45	Joanne Smith	Chelmsford AC	: 53	
37	SW	Andrea James	Colchester Harriers AC	: 59	
38	W35	Natasha Lagden	Southend-on-Sea AC	25: 14	
39	W35	Kasia Kostyrka	Southend-on-Sea AC	: 48	
40	W35	Rachel Roughan	Springfield Striders RC	: 48	
41	SW	Holly Gillard	Southend-on-Sea AC	: 49	
42	W35	Jacqui Watson	Benfleet Running Club	: 56	
43	W45	Heather Eastwood	Springfield Striders RC	26: 05	
44	SW	Eira Booth	Pitsea Running Club	: 07	
45	W35	Melanie Candler	Halstead RR	: 22	

  

Division 1 Teams (4 to score)		
1	Chelmsford AC	25
2	Southend-on-Sea AC	55
3	Colchester Harriers AC	66
4	Orion Harriers	75
5	Springfield Striders RC	82
6	Cambridge & Coleridge AC	86
7	Thrift Green Trotters	253
8	Benfleet Running Club	254
9	Phoenix Striders	317
10	Ilford AC	370
11	Basildon AC	95 (3)

  

Division 2 Teams (4 to score)		
1	Billericay Striders RC	251
2	Halstead RR	275
3	Havering AC	280
4	Mid Essex Casuals	214 (3)
5	Pitsea Running Club	276 (3)
6	Colchester & Tendring AC	73 (2)
7	Loughton AC	181 (2)
8	Braintree & District AC	50 (1)
9	East Essex Triathlon Club	109 (1)

  

Veterans Teams (3 to score)		
1	Springfield Striders RC	48
2	Colchester Harriers AC	56
3	Chelmsford AC	61
4	Southend-on-Sea AC	91
5	Orion Harriers	104
6	Billericay Striders RC	183
6	Halstead RR	183
8	Havering AC	185
9	Thrift Green Trotters	197
9	Benfleet Running Club	203
11	Mid Essex Casuals	214
12	Phoenix Striders	224
13	Ilford AC	252
14	Loughton AC	181 (2)
15	Pitsea Running Club	232 (2)
16	Colchester & Tendring AC	16 (1)
17	Braintree & District AC	50 (1)
18	Basildon AC	62 (1)
19	East Essex Triathlon Club	109 (1)

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Pos	Age	Name	Team	Time
46	W35	Allison Taylor	Orion Harriers	26: 27
47	W35	Jo Sullivan	Havering AC	: 28
48	W35	Lorraine Gosling	Orion Harriers	: 32
49	W35	Marijke Van Eetvelde	Thrift Green Trotters	: 33
50	W45	Josie Sheffield	Braintree & District AC	: 48
51	SW	Jane Stacey	Benfleet Running Club	: 50
52	W45	Paula Purtell	Mid Essex Casuals	27: 02
53	W35	Ruth Havis	Billericay Striders RC	: 03
54	W35	Kathryn Bronson	Halstead RR	: 13
55	W35	Sue Cribbs	Southend-on-Sea AC	: 16
56	SW	Loretta Chalkey	Thrift Green Trotters	: 35
57	U20	Georgina Sturgeon	Colchester & Tendring AC	: 38
58	W45	Lorna Gaffney	Loughton AC	: 42
59	W45	Nicola Hopkinson	Ilford AC	: 43
60	W45	Joanne Plumb	Orion Harriers	: 45
61	W45	Lorna Pettifer	Mid Essex Casuals	: 48
62	W45	Mandy Wetheridge	Basildon AC	: 52
63	W55	Christine Deacon	Billericay Striders RC	28: 05
64	W45	Jo Pearce	Phoenix Striders	: 06
65	W45	Jane Hallam	Havering AC	: 09
66	W35	Debbielyn Hallam	Southend-on-Sea AC	: 24
67	W55	Wendy Read	Billericay Striders RC	: 30
68	W35	Joanne Ling	Billericay Striders RC	: 38
69	W35	Alexa Parker	Thrift Green Trotters	: 39
70	W55	Toni Wilson	Colchester Harriers AC	: 40
71	W45	Ruth Roberts	Phoenix Striders	: 41
72	W45	Alison Gillan	Springfield Striders RC	: 44
73	W45	Juliet Ward	Havering AC	: 50
74	W45	Juliet Warren-Penny	Springfield Striders RC	: 55
75	W45	Rebecca Taylor	Southend-on-Sea AC	29: 00
76	W45	Dianne Crisp	Ilford AC	: 08
77	SW	Deborah Cox	Cambridge & Coleridge AC	: 09
78	W45	Mandy Cooper	Benfleet Running Club	: 10
79	W35	Madaline Knight	Thrift Green Trotters	: 22
80	W45	Hilda O'Kelly	Springfield Striders RC	: 26
81	SW	Anna Luff	Springfield Striders RC	: 27
82	W35	Deborah Hitching	Springfield Striders RC	: 33
83	W35	Kelly McClenaghan	Benfleet Running Club	: 34
84	W45	Wendy Carter	Halstead RR	: 39
85	W45	Mary Lloyd	Thrift Green Trotters	: 42
86	W45	Sue Crompton	Southend-on-Sea AC	: 55
87	W35	Kirsty Williams	Springfield Striders RC	30: 08
88	W45	Fi Hawkins	Southend-on-Sea AC	: 13
89	W55	Beryl De Smedt	Phoenix Striders	: 27
90	W45	Nicola Norman	Springfield Striders RC	: 31
91	W45	Joanne Day	Thrift Green Trotters	: 43
92	SW	Sarah Frost	Halstead RR	31: 0
93	SW	Grace Reeman	Phoenix Striders	: 7
94	W45	Maxine Seward	Phoenix Striders	: 20
95	W45	Tracy O'Neill	Havering AC	: 25
96	W45	Sarah Goodwin	Springfield Striders RC	: 37
97	SW	Becky Bottjer	Colchester Harriers AC	: 39

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<b>Pos</b>	<b>Age</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>
98	W35	Julie Wilson	Thrift Green Trotters	31: 42
99	W45	Laura Williams	Benfleet Running Club	: 45
100	W45	Annette Johnson	Benfleet Running Club	: 57
101	W55	Julie Peacock	Mid Essex Casuals	: 58
102	W45	Dawn Potter	Billericay Striders RC	32: 03
103	W35	Pippa Harrington	Thrift Green Trotters	: 07
104	W55	Jackie Woodruffe	Thrift Green Trotters	: 11
105	W35	Lisa May	Springfield Striders RC	: 14
106	W35	Clare Hills	Thrift Green Trotters	: 42
107	SW	Vicki Calleja	Thrift Green Trotters	: 59
108	W55	Tracey Minton	Chelmsford AC	33: 10
109	W65	Teresa Flannigan	East Essex Triathlon Club	: 14
110	W55	Gillian Harrison	Pitsea Running Club	: 45
111	W35	Laura Courthine	Thrift Green Trotters	: 48
112	W35	Lizzie Griffiths	Halstead RR	34: 42
113	W35	Hannah Smith	Southend-on-Sea AC	: 49
114	W35	Judith Pugh	Springfield Striders RC	35: 02
115	W35	Sophie Naqvi	Thrift Green Trotters	: 04
116	W35	Vicky Robins	Springfield Striders RC	: 38
117	W65	Pam Jones	Ilford AC	: 49
118	W45	Doris Gaga	Ilford AC	36: 41
119	W55	Sue Vine	Phoenix Striders	: 51
120	W45	Nicola Burston	Phoenix Striders	: 51
121	W45	Julie Gillender	Ilford AC	37: 46
122	W65	Linda Bates	Pitsea Running Club	43: 30
123	W55	Gwen Harwood	Loughton AC	48: 42

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**Essex Cross Country League (2)**

Sponsored by

**Hylands Park, Chelmsford**

**Senior Men**

**29/10/2016**

Pos	Age	Name	Team	Time	Division 1 Teams (6 to score)	
1	SM	Tom Frith	Southend-on-Sea AC	22: 02	1 Chelmsford AC	95
2	SM	Rob Warner	Havering AC	: 28	2 Colchester Harriers AC	164
3	V40	Sullivan Smith	Cambridge & Coleridge AC	: 38	3 Springfield Striders RC	176
4	SM	Grant Twist	Chelmsford AC	: 47	4 Havering AC	195
5	SM	Ryan Prout	Chelmsford AC	: 49	5 Orion Harriers	241
6	SM	Tom Gardner	Ilford AC	: 56	6 Southend-on-Sea AC	242
7	SM	Matt Granger	Chelmsford AC	: 58	7 Benfleet Running Club	453
8	SM	Carwyn Jones	Colchester Harriers AC	23: 01	8 Basildon AC	495
9	SM	Mark Sanford	Chelmsford AC	: 03	9 Ilford AC	579
10	SM	Alec Finch	Thurrock Harriers	: 04	10 Thrift Green Trotters	835
11	SM	Angus Holford	Non-scorer	: 07	11 Phoenix Striders	888
12	SM	Tristan Windley	Springfield Striders RC	: 10	12 Pitsea Running Club	543 (3)
13	U20	Ramadan Osman	Colchester Harriers AC	: 22		
14	U20	Ben Davis	Havering AC	: 28	<b>Division 2 Teams (6 score)</b>	
15	U20	Jordan Wood	Cambridge & Coleridge AC	: 31	1 Cambridge & Coleridge AC	137
16	SM	Oliver Park	Cambridge & Coleridge AC	: 33	2 Thurrock Harriers	412
17	SM	Chris Sellens	Colchester Harriers AC	: 35	3 Billericay Striders RC	459
18	SM	Scott Cousins	Springfield Striders RC	: 38	4 Braintree & District AC	671
19	SM	James Smith	Springfield Striders RC	: 40	5 Halstead RR	678
20	V40	Crispian Bloomfield	Billericay Striders RC	: 42	6 Mid Essex Casuals	1012
21	SM	Rhys Gillard	Southend-on-Sea AC	24: 00	7 East Essex Triathlon Club	514 (4)
22	U20	Max Jones	Basildon AC	: 04	8 Loughton AC	650 (3)
23	SM	Charlie Parker	Southend-on-Sea AC	: 05	9 Colchester & Tendring AC	67 (2)
24	U20	Brandon Thorpe	Basildon AC	: 06		
25	SM	Nick Smallwood	Cambridge & Coleridge AC	: 07	<b>Veteran Team Result (4 to score)</b>	
26	U20	Darren Blackwell	Chelmsford AC	: 15	1 Colchester Harriers AC	209
27	V40	Steve Rand	Havering AC	: 17	2 Springfield Striders RC	212
28	SM	Timothy Woulfe	Braintree & District AC	: 22	3 Orion Harriers	288
29	U20	Ashley Brown	Cambridge & Coleridge AC	: 22	4 Thurrock Harriers	341
30	U20	Joseph Patterson	Colchester & Tendring AC	: 27	5 Havering AC	342
31	SM	Carl Fiford	Orion Harriers	: 28	6 Billericay Striders RC	344
32	SM	Ian Clark	Orion Harriers	: 30	7 Southend-on-Sea AC	354
33	V40	Lee Taylor	Southend-on-Sea AC	: 31	8 Chelmsford AC	372
34	U20	George Day	Orion Harriers	: 33	9 Ilford AC	408
35	SM	Paul Grange	Havering AC	: 38	10 Benfleet Running Club	479
36	SM	Alex Manton	Springfield Striders RC	: 40	11 Halstead RR	499
37	U20	William Page	Colchester & Tendring AC	: 40	12 Thrift Green Trotters	499
38	V50	Colin Ridley	Colchester Harriers AC	: 43	13 Basildon AC	579
39	U20	Dan Richards	Orion Harriers	: 45	14 Phoenix Striders	620
40	V40	Paul Holloway	Ilford AC	: 49	15 Mid Essex Casuals	697
41	SM	Daz Farrugia	Colchester Harriers AC	: 51	16 Braintree & District AC	556 (3)
42	SM	Lee Baynton	Benfleet Running Club	: 52	17 Loughton AC	650 (3)
43	V40	Scott Rice	Thurrock Harriers	: 56	18 East Essex Triathlon Club	308 (2)
44	V40	Robin Tubbs	Chelmsford AC	25: 04	19 Pitsea Running Club	454 (2)
45	V40	Paul Dobson	Springfield Striders RC	: 08	20 Cambridge & Coleridge AC	3 (1)
46	V40	Lee Martin	Springfield Striders RC	: 11		
47	SM	Cameron Humphries	Colchester Harriers AC	: 12		
48	SM	James Wright	Springfield Striders RC	: 13		
49	U20	Curtis Wood	Cambridge & Coleridge AC	: 15		
50	U20	Euan Harlow	Havering AC	: 18		
51	V40	Colin Read	Orion Harriers	: 18		
52	V40	Mark Harrod	Colchester Harriers AC	: 20		
53	V40	Paul Rodgers	Colchester Harriers AC	: 21		
54	SM	Reece Barclay	Orion Harriers	: 24		
55	SM	Andy Jopson	Benfleet Running Club	: 27		
56	SM	Chris O'Hara	Billericay Striders RC	: 28		

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Pos	Age	Name	Team	Time
57	V40	Scott Dryden	Springfield Striders RC	: 30
58	SM	Reece Asik	Chelmsford AC	: 39
59	SM	Kurtis Swan	Billericay Striders RC	: 44
60	SM	Chris Wayman	Benfleet Running Club	: 45
61	U20	Samuel Smith	Thurrock Harriers	: 45
62	V50	Dean Moy	Orion Harriers	: 47
63	SM	Philip Smith	Springfield Striders RC	: 50
64	V40	Stuart Raven	Springfield Striders RC	: 54
65	U20	Jordan Christofomou	Orion Harriers	: 56
66	V50	Paul Spowage	Colchester Harriers AC	26: 02
67	V40	Martin Chester	Havering AC	: 04
68	V50	Michael Bridgeland	Chelmsford AC	: 05
69	SM	Paul Mills	Springfield Striders RC	: 06
70	U20	Tom Muers	East Essex Triathlon Club	: 14
71	V40	Jon Nears	Colchester Harriers AC	: 17
72	V40	Anthony Goodall	Springfield Striders RC	: 24
73	U20	Adam Jordan	Southend-on-Sea AC	: 24
74	V50	Paul Jeggo	Springfield Striders RC	: 29
75	U20	James Stewart	Havering AC	: 32
76	V50	Stephen Philcox	Ilford AC	: 38
77	SM	Neil McGoun	Orion Harriers	: 44
78	V40	Andy Low	Benfleet Running Club	: 45
79	U20	Christian Gray	Basildon AC	: 48
80	V50	Eric Paul	Orion Harriers	: 49
81	V40	Andy Wright	Billericay Striders RC	: 50
82	SM	Ewan McFarlane	Phoenix Striders	: 50
83	U20	Ben Holdgate	Braintree & District AC	: 52
84	V40	Keith Willett	Thurrock Harriers	: 56
85	SM	Alex Benson	Springfield Striders RC	27: 08
86	V50	Peter West	Colchester Harriers AC	: 09
87	SM	Shay White	Orion Harriers	: 10
88	V50	John Barker	Thrift Green Trotters	: 11
89	SM	Jack Morris	Pitsea Running Club	: 13
90	SM	Jim Clark	Halstead RR	: 14
91	V50	Alec Kyriakides	Southend-on-Sea AC	: 18
92	V50	Don Lawless	Thurrock Harriers	: 28
93	SM	Callum Wallace	Southend-on-Sea AC	: 30
94	V40	Richard Candler	Halstead RR	: 31
95	V40	Glen Gosling	Orion Harriers	: 32
96	U20	Conor Culham	Braintree & District AC	: 32
97	V40	Adrian Smith	Orion Harriers	: 34
98	V50	Peter Tullett	Chelmsford AC	: 38
99	V50	Neil Swift	Orion Harriers	: 42
100	U20	Kieran O'Hara	Havering AC	: 42
101	SM	Dan Reynolds	Mid Essex Casuals	: 45
102	V40	Mark Buckley	Springfield Striders RC	: 48
103	SM	David Wilson	Orion Harriers	: 52
104	V40	Dan Foster	Colchester Harriers AC	: 54
105	V40	Christian Holmes	Southend-on-Sea AC	28: 0
106	V40	Gary Atkins	Havering AC	: 1
107	V50	Alan Clark	Benfleet Running Club	: 7
108	SM	Wesley Atkins	Halstead RR	: 10
109	V40	Russell Goodridge	Colchester Harriers AC	: 11
110	V40	Nathan Roulson	Halstead RR	: 20
111	SM	Chris Jones	Benfleet Running Club	: 25
112	V50	Paul Broome	Springfield Striders RC	: 27

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Pos	Age	Name	Team	Time
113	V40	Jon Wyatt	East Essex Triathlon Club	: 28
114	V40	Giles Hopkinson	Orion Harriers	: 39
115	SM	Chris Eggleton	Orion Harriers	: 42
116	V50	Kevin Julian	Orion Harriers	: 42
117	SM	Chris Allen	Basildon AC	: 45
118	SM	Gary Robins	Springfield Striders RC	: 51
119	V60	Dave Butler	Billericay Striders RC	: 53
120	SM	Richard Rowe	Havering AC	: 58
121	V50	Richard Bullis	Basildon AC	29: 13
122	V60	Mick Bumstead	Thurrock Harriers	: 13
123	U20	Aiden Elmore	Havering AC	: 15
124	V50	Steve Foggo	Billericay Striders RC	: 15
125	V40	Mick Smith	Southend-on-Sea AC	: 18
126	V50	Keith Thornton	Thrift Green Trotters	: 19
127	V40	Jon Byford	Springfield Striders RC	: 19
128	V50	Trevor Horncastle	Phoenix Striders	: 20
129	V40	Myles Coulson	Braintree & District AC	: 22
130	SM	Joel Hayhow	Orion Harriers	: 22
131	U20	Joshua Mulley	Braintree & District AC	: 24
132	V50	David Findlay	Basildon AC	: 24
133	V60	Peter Binns	Southend-on-Sea AC	: 27
134	SM	Tim Martin	Thurrock Harriers	: 32
135	V50	Phil Olsen	Thrift Green Trotters	: 32
136	SM	Tom Franklyn	East Essex Triathlon Club	: 34
137	V60	Bob Langley	Halstead RR	: 38
138	V60	Tony Nixon	Ilford AC	: 39
139	SM	John Greenley	Halstead RR	: 42
140	V40	Phil Smith	Springfield Striders RC	: 49
141	V40	Simon Tippet	Basildon AC	: 55
142	V40	Graham Hogan	Havering AC	: 56
143	V40	Brian Venton	Benfleet Running Club	: 59
144	SM	Matt Jessop	Orion Harriers	30: 00
145	SM	Greg Goodrem	Southend-on-Sea AC	: 00
146	SM	Andy Owen	Halstead RR	: 03
147	V50	Julian Catmull	Springfield Striders RC	: 09
148	SM	John Crawley	Non-scorer	: 10
149	V40	Simon Morgan	Colchester Harriers AC	: 11
150	V40	Danny Ward	Thrift Green Trotters	: 13
151	V40	Ian Pike	Benfleet Running Club	: 21
152	SM	Dan Hollinshead	Halstead RR	: 21
153	V40	John Russell	Phoenix Striders	: 23
154	V50	Terry Knightly	Ilford AC	: 24
155	V40	Mike Grout	Benfleet Running Club	: 38
156	SM	Joe McGrath	Basildon AC	: 39
157	SM	Tom Anderson	Non-scorer	: 41
158	V40	Neil Poulter	Halstead RR	: 52
159	V40	Greg Wisken	Mid Essex Casuals	: 54
160	SM	Tony Collins	Havering AC	: 56
161	SM	Roy Harwood	Benfleet Running Club	: 58
162	V50	Kevin Kirby	Chelmsford AC	31: 12
163	V50	Steve Jones	Thrift Green Trotters	: 12
164	V60	Cliff Weatherup	Mid Essex Casuals	: 27
165	V60	Andy Catton	Ilford AC	: 28
166	V40	Chris Beasley	Springfield Striders RC	: 33
167	V40	Lawrence Harrison	Billericay Striders RC	: 36
168	V40	Nigel Instance	Thurrock Harriers	: 41

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Pos	Age	Name	Team	Time
169	V40	Paul Agastina	Phoenix Striders	: 44
170	V50	Martin Orford	Phoenix Striders	: 46
171	V50	Tim Brockington	Springfield Striders RC	: 49
172	V40	Robert Botty	Springfield Striders RC	: 51
173	V50	James MacNish-Porter	Thrift Green Trotters	: 52
174	V50	Stephen Burton	Benfleet Running Club	: 52
175	V50	Paul Stukas	Springfield Striders RC	: 56
176	V50	Gary Bartlett	Orion Harriers	32: 02
177	V60	Bernard Johnson	Thurrock Harriers	: 07
178	V40	Alasdair Daw	Billericay Striders RC	: 07
179	V50	Darren Priestley	Havering AC	: 07
180	V40	Matt Gillard	Southend-on-Sea AC	: 08
181	V40	Ricky Lee	Billericay Striders RC	: 22
182	V50	Dave Hurley	Mid Essex Casuals	: 23
183	V60	Ted Skinner	Ilford AC	: 25
184	V40	Dennis Briggs	Ilford AC	: 25
185	V40	John Rex	Basildon AC	: 34
186	V40	James Price	Phoenix Striders	: 41
187	V40	Tom Robinson	Benfleet Running Club	: 44
188	SM	Steve Rebel	Thrift Green Trotters	: 47
189	V40	Ian Chandler	Halstead RR	: 49
190	V50	Chris Sewell	Springfield Striders RC	: 56
191	V50	Dennis Dudley	Benfleet Running Club	33: 04
192	v50	Paul Tawn	Mid Essex Casuals	: 05
193	U20	Alex Smith	Chelmsford AC	: 05
194	V40	Brett Corthine	Thrift Green Trotters	: 07
195	V60	Ian Gill	East Essex Triathlon Club	: 15
196	SM	Alfie Waitbaka	Havering AC	: 17
197	V50	Dave Lane	Phoenix Striders	: 18
198	V50	Neil Clark	Phoenix Striders	: 40
199	V50	Andy Carter	Halstead RR	34: 23
200	V60	Gerry Doherty	Billericay Striders RC	: 26
201	SM	Chris Garey	Springfield Striders RC	: 36
202	V50	Ian Carmichael	Billericay Striders RC	: 44
203	V50	Melvyn Cooper	Thrift Green Trotters	: 46
204	SM	Steven Rolfe	Braintree & District AC	: 49
205	V40	Steve Smith	Thrift Green Trotters	: 50
206	V50	Steve Cheal	Ilford AC	: 55
207	V50	Mark Childs	Phoenix Striders	35: 13
208	SM	Danny Seward	Phoenix Striders	: 13
209	V50	Mark Jackson	Braintree & District AC	: 35
210	V40	Trevor Robinson	Loughton AC	: 40
211	V40	Mark Craddock	Thrift Green Trotters	: 52
212	V60	Ray Vann	Billericay Striders RC	: 56
213	V60	George Georgiou	Loughton AC	: 57
214	V60	Ray Vaultier	Mid Essex Casuals	: 59
215	V60	Pete Bultis	Orion Harriers	36: 03
216	V60	Brian Butcher	Mid Essex Casuals	: 13
217	V50	Mark Moughton	Springfield Striders RC	: 54
218	V50	Mark Simmons	Braintree & District AC	37: 13
219	V60	Chris McCann	Springfield Striders RC	: 21
220	V50	Angus Aldridge	Southend-on-Sea AC	: 34
221	V70	Charlie Ross	Chelmsford AC	38: 6
222	V40	Lee Hazlewood	Phoenix Striders	: 15
223	V50	John Neighbour	Orion Harriers	: 15
224	V50	Dave Girt	Southend-on-Sea AC	32
225	V50	Paul Williams	Pitsea Running Club	37
226	V50	Steve Jordan	Southend-on-Sea AC	5
227	V60	David Hobbs	Loughton AC	38
228	V60	Jim Rourke	Billericay Striders RC	0
229	V60	Peter Bates	Pitsea Running Club	13
230	V50	Stephen Williams	Chelmsford AC	59
231	V60	George Smith	Thrift Green Trotters	20
232	V70	Ernie Easterby	Billericay Striders RC	13
233	V50	Nelson Howe	Phoenix Striders	44

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# Essex Cross Country League

## Team Standings after 2 races

### U13 Girls

Pos	Club	Race 1	Race 2	Total
1	Havering AC	2	1	3
2	Orion Harriers	3	2	5
3	Basildon AC	1	5	6
4	Thurrock Harriers	4	4	8
5	Chelmsford AC	8	3	11
6	Harlow AC	5	8	13
6	Colchester Harriers AC	6	7	13
6	Southend-on-Sea AC	7	6	13
9	Colchester & Tendring AC	9	10	19
10	Discovery Triathlon Club	10	11	21
11	Cambridge and Coleridge AC	12	12	24
12	Braintree & District AC	20	9	29
13	East Essex Triathlon Club	11	20	31
14	Benfleet Running Club	13	20	33

### U13 Boys

Pos	Club	Race 1	Race 2	Total
1	Southend-on-Sea AC	2	1	3
2	Havering AC	1	3	4
3	Basildon AC	3	5	8
4	Thurrock Harriers	4	6	10
5	East Essex Triathlon Club	6	8	14
5	Ilford AC	5	9	14
7	Chelmsford AC	8	7	15
8	Benfleet Running Club	7	11	18
9	Discovery Triathlon Club	10	12	22
9	Cambridge and Coleridge AC	20	2	22
11	Colchester & Tendring AC	20	4	24
12	Harlow AC	9	20	29
13	Colchester Harriers AC	20	10	30
14	Orion Harriers	11	20	31
15	Billericay Striders	20	13	33
16	Braintree & District AC	20	20	40

### U15 Girls

Pos	Club	Race 1	Race 2	Total
1	Havering AC	3	1	4
1	Basildon AC	2	2	4
1	Chelmsford AC	1	3	4
4	Orion Harriers	4	4	8
5	Cambridge and Coleridge AC	6	5	11
6	Colchester Harriers AC	5	7	12
7	Thurrock Harriers	7	8	15
7	Harlow AC	9	6	15
9	Braintree & District AC	10	9	19
10	Colchester & Tendring AC	11	11	22
11	Discovery Triathlon Club	12	12	24
12	East Essex Triathlon Club	8	20	28

### U15 Boys

Pos	Club	Race 1	Race 2	Total
1	Thurrock Harriers	1	1	2
2	Basildon AC	3	2	5
3	Havering AC	5	4	9
3	Ilford AC	2	7	9
3	Chelmsford AC	4	5	9
6	Harlow AC	8	6	14
7	Colchester & Tendring AC	12	3	15
7	Colchester Harriers AC	7	8	15
9	Orion Harriers	6	10	16
10	Southend-on-Sea AC	9	9	18
11	East Essex Triathlon Club	10	12	22
12	Cambridge and Coleridge AC	13	13	26
13	Braintree & District AC	20	11	31

### U17/20 Women

Pos	Club	Race 1	Race 2	Total
1	Havering AC	1	1	2
2	Benfleet Running Club	2	3	5
3	Chelmsford AC	5	2	7
3	Southend-on-Sea AC	3	4	7
5	Basildon AC	4	7	11
6	Thurrock Harriers	7	6	13
7	Cambridge and Coleridge AC	11	5	16
7	Colchester Harriers AC	8	8	16
7	Colchester & Tendring AC	6	10	16
10	Harlow AC	9	9	18
11	Orion Harriers	10	13	23
12	Ilford AC	20	11	31
13	Discovery Triathlon Club	20	12	32
14	East Essex Triathlon Club	20	14	34

### U17 Men

Pos	Club	Race 1	Race 2	Total
1	Southend-on-Sea AC	1	2	3
2	Havering AC	2	5	7
2	Colchester Harriers AC	4	3	7
2	Orion Harriers	3	4	7
5	Basildon AC	5	8	13
5	Harlow AC	6	7	13
5	Colchester & Tendring AC	7	6	13
8	Thurrock Harriers	8	12	20
8	East Essex Triathlon Club	11	9	20
8	Benfleet Running Club	10	10	20
11	Chelmsford AC	20	1	21
12	Braintree & District AC	9	20	29
13	Cambridge and Coleridge AC	20	11	31

**Senior Women (incl. Veterans) Div 1**

Pos	Club	Race 1	Race 2	Total
1	Chelmsford AC	1	1	2
2	Colchester Harriers AC	2	3	5
3	Southend-on-Sea AC	5	2	7
4	Orion Harriers	4	4	8
5	Springfield Striders	6	5	11
6	Basildon AC	3	11	14
7	Benfleet Running Club	7	8	15
7	Thrift Green Trotters	8	7	15
9	Phoenix Striders	9	9	18
10	Ilford AC	10	10	20
11	Cambridge and Coleridge AC	20	6	26
12	Thurrock Harriers	11	20	31

**Senior Men (incl. Veterans) Div 1**

Pos	Club	Race 1	Race 2	Total
1	Chelmsford AC	3	1	4
2	Havering AC	1	4	5
2	Springfield Striders	2	3	5
4	Colchester Harriers AC	4	2	6
5	Orion Harriers	6	5	11
6	Benfleet Running Club	5	7	12
7	Southend-on-Sea AC	7	6	13
8	Basildon AC	8	8	16
9	Ilford AC	9	9	18
10	Thrift Green Trotters	10	10	20
11	Phoenix Striders	11	11	22
12	Pitsea Running Club	12	12	24

**Senior Women (incl. Veterans) Div 2**

Pos	Club	Race 1	Race 2	Total
1	Billericay Striders	1	1	2
2	Halstead RR	2	2	4
3	Havering AC	3	3	6
4	Pitsea Running Club	5	5	10
5	Mid Essex Casuals	7	4	11
6	East Essex Triathlon Club	4	9	13
6	Loughton AC	6	7	13
8	Colchester & Tendring AC	8	6	14
9	Braintree & District AC	20	8	28

**Senior Men (incl. Veterans) Div 2**

Pos	Club	Race 1	Race 2	Total
1	Thurrock Harriers	1	2	3
2	Billericay Striders	2	3	5
3	Cambridge and Coleridge AC	5	1	6
4	Halstead RR	3	5	8
5	Mid Essex Casuals	4	6	10
5	Braintree & District AC	6	4	10
7	East Essex Triathlon Club	7	7	14
8	Loughton AC	8	8	16
9	Colchester & Tendring AC	9	9	18

**Veteran Women**

Pos	Club	Race 1	Race 2	Total
1	Springfield Striders	2	1	3
2	Orion Harriers	1	5	6
2	Chelmsford AC	3	3	6
4	Southend-on-Sea AC	4	4	8
5	Billericay Striders	5	6	11
6	Havering AC	7	8	15
6	Colchester Harriers AC	13	2	15
8	Benfleet Running Club	6	10	16
9	Thrift Green Trotters	10	9	19
10	Phoenix Striders	8	12	20
11	Halstead RR	15	7	22
12	Ilford AC	11	13	24
13	Loughton AC	12	14	26
14	East Essex Triathlon Club	9	19	28
15	Mid Essex Casuals	19	11	30
16	Pitsea Running Club	16	15	31
17	Basildon AC	14	18	32
18	Colchester & Tendring AC	17	16	33
19	Braintree & District AC	25	17	42
20	Thurrock Harriers	18	25	43

**Veteran Men**

Pos	Club	Race 1	Race 2	Total
1	Springfield Striders	1	2	3
2	Orion Harriers	4	3	7
2	Colchester Harriers AC	6	1	7
4	Southend-on-Sea AC	3	7	10
4	Havering AC	5	5	10
6	Benfleet Running Club	2	10	12
6	Thurrock Harriers	8	4	12
8	Chelmsford AC	7	8	15
9	Billericay Striders	10	6	16
10	Ilford AC	11	9	20
11	Thrift Green Trotters	9	12	21
12	Phoenix Striders	12	14	26
12	Halstead RR	15	11	26
12	Basildon AC	13	13	26
15	Mid Essex Casuals	14	15	29
16	Loughton AC	16	17	33
17	Braintree & District AC	19	16	35
18	East Essex Triathlon Club	18	18	36
19	Cambridge & Coleridge AC	17	20	37
20	Pitsea Running Club	20	19	39