

**Race 1 U13 girls/U15 girls/U17 women**

Pos	No	Team	Category	Leg 1 runner	mm ss	Leg 2 runner	mm ss	Leg 3 runner	mm ss	Total
1	8	Havering AC	U13G	Chloe Rand	11:25	Stephanie Okovo	11:28	Natalie Sewell	11:36	34:29
2	5	Chelmsford AC	U13G	Erin Little	12:03	Nneka Okah	11:56	Holly Watson	11:37	35:36
3	9	Havering AC	U13G	Isobelle O'Connor	11:54	Maddie Barker	11:51	Tilly Canty	12:07	35:52
4	1	Basildon AC	U13G	Chloe Trew	11:52	Sophia McCollum	12:09	Fran Turner	12:09	36:10
5	16	Southend AC	U13G	Grace Holmes	11:59	Hannah Warner	12:29	Ruby Samuels	12:14	36:42
6	13	Orion Harriers	U13G	Maisy Silverstone	11:45	Sophie Foot	12:50	Rebecca Natu	12:07	36:42
7	20	Woodford Green	U13G	Zahara Malcolm	11:41	Larna Morgan	13:01	Kezia Beeton	12:12	36:54
8	2	Basildon AC	U13G	Freya Seymour	11:48	Millie Costing	12:33	Mabel Cowleys	14:39	39:00
9	10	Havering AC	U13G	Charlotte Grundy	13:13	Freya Long	12:20	Freya Higginbottom	13:35	39:08
10	19	Woodford Green	U13G	Miya Maeda	12:15	Bronya Overington	12:57	Emily Scofield	14:06	39:18
11	4	Benfleet Running Club	U13G	Lucia De Cristofano	13:36	Henrietta Thacker	13:25	Erin Vernon	13:40	40:41
12	14	Orion Harriers	U13G	Matilda Taylor	14:30	Cara O'Donnell Robert	13:36	Malaika Rahman	12:59	41:05
13	12	Havering AC	U13G	Kate Ruane	14:02	Hollie Freeman	14:30	Ruby Lendon	14:18	42:50
14	11	Havering AC	U13G	Heid Ayles	13:14	Kate Ennis	16:06	Isabelle Bartell	14:17	43:37
Pos	No	Team	Category	Leg 1 runner	mm ss	Leg 2 runner	mm ss	Leg 3 runner	mm ss	Total
1	40	Basildon AC	U15G	Holly Freegard	11:17	Sophie Wetheridge	11:28	Megan Harris	10:51	33:36
2	50	Havering AC	U15G	Sydney Foley	10:52	Lily Bath	11:34	Annie Grannell	12:00	34:26
3	53	Orion Harriers	U15G	Savanna Sirkett	11:31	Becci Leddy	12:00	Sophie Magson	11:11	34:42
4	39	Basildon AC	U15G	Kierra Scott	11:41	Kiera Bott	11:42	Hannah Phipps	11:30	34:53
5	56	Thurrock Harriers	U15G	Sarah Blockley	11:56	Leah Brewer	12:57	Demi Eves	10:57	35:50
6	44	Chelmsford AC	U15G	Hannah Bolton	11:50	Tia Coca	12:09	Faye Sweeting	12:26	36:25
7	46	Colchester Harriers	U15G	Ebba Paterson	12:54	Madeleine Claydon	12:22	Milly Presland	11:13	36:29
8	41	Basildon AC	U15G	Daizy Harris	11:53	Holly Rex	12:30	Millie North	12:21	36:44
9	57	Thurrock Harriers NS	U15G	Kennedy Beardwell	12:51	Jayne Elvin	11:59	Rosie Spring	12:42	37:32
10	51	Havering AC	U15G	Ava Poulson	12:53	Morgan Romain	12:47	Alice Atkins	12:25	38:05
11	54	Orion Harriers	U15G	Sara El-Khamlihi	12:28	Sophie Grant	13:33	Iris Brandon	12:43	38:44
12	49	East Essex Tri	U15G	Natalie Smith	12:03	Kiera Polley	15:09	Beth Adams	13:41	40:53
13	52	Havering AC	U15G	Jess James	14:13	Rebecca O'Rourke	12:38	Mary Lammas	14:53	41:44
14	43	Benfleet Running Club	U15G	Charlotte Elliott	14:26	Abbie Clark	15:09	Alexandra Thacker	13:25	43:00
15	47	Colchester Harriers	U15G	Grace Rothwell	12:56	Isabella Minder	14:32	Hannah Rodgers	16:06	43:34
Pos	No	Team	Category	Leg 1 runner	mm ss	Leg 2 runner	mm ss	Leg 3 runner	mm ss	Total
1	72	Havering AC	U17W	Kate O'Neill	10:27	Jessica Mitchell	10:06	Molly Sweetman	10:32	31:05
2	77	Orion Harriers	U17W	Annalie Cole	10:38	Charlotte Grant	12:31	Aoibheann Pearce	11:10	34:19
3	62	Basildon AC	U17W	Millie Daniels	12:20	Abby Rex	11:40	Grace Burrell	10:38	34:38
4	78	Southend AC	U17W	Joanna Rimmington	11:22	Mia Slesser	12:13	Jenna Williamson	11:15	34:50
5	73	Havering AC	U17W	Sophie Rand	11:08	Catherine Barker	12:24	Grace Dukelow	11:32	35:04
6	67	Chelmsford AC	U17W	Charlotte Matthews	12:21	Lucy Aitchison	11:47	Hannah Smith	11:13	35:21
7	64	Basildon AC	U17W	Grace Goodall	11:29	Hannah Mickleburgh-Gardham	13:34	Genevieve Pate	13:24	38:27
8	76	Ilford AC	U17W	Jordan Hinds	11:56	Isabella Hick	14:21	Ellie Wright	14:47	41:04
9	68	Colchester Harriers	U17W	Elizabeth Woods	12:46	Savanna Harrison	14:42	Daisy Hilson	13:41	41:09
10	74	Havering AC	U17W	Chloe Morter	13:46	Amelia Day	15:24	Angelica Thomson	14:14	43:24

**ESSEX CROSS COUNTY RELAY CHAMPIONSHIPS - INDIVIDUAL TIMES BY CATEGORY**

**Race 1**

<b>Rank</b>	<b>Athlete</b>	<b>Club</b>	<b>Cat</b>	<b>Ind time</b>
1	Chloe Rand	Havering AC	U13G	11:25
2	Stephanie Okovo	Havering AC	U13G	11:28
3	Natalie Sewell	Havering AC	U13G	11:36
4	Holly Watson	Chelmsford AC	U13G	11:37
5	Zahara Malcolm	Woodford Green	U13G	11:41
6	Maisy Silverstone	Orion Harriers	U13G	11:45
7	Freya Seymour	Basildon AC	U13G	11:48
8	Maddie Barker	Havering AC	U13G	11:51
9	Chloe Trew	Basildon AC	U13G	11:52
10	Isabelle O'Connor	Havering AC	U13G	11:54
11	Nneka Okah	Chelmsford AC	U13G	11:56
12	Grace Holmes	Southend AC	U13G	11:59
13	Erin Little	Chelmsford AC	U13G	12:03
14	Tilly Canty	Havering AC	U13G	12:07
14	Rebecca Natu	Orion Harriers	U13G	12:07
16	Sophia McCollum	Basildon AC	U13G	12:09
16	Fran Turner	Basildon AC	U13G	12:09
18	Kezia Beetron	Woodford Green	U13G	12:12
19	Ruby Samuels	Southend AC	U13G	12:14
20	Miya Maeda	Woodford Green	U13G	12:15
21	Freya Long	Havering AC	U13G	12:20
22	Hannah Warner	Southend AC	U13G	12:29
23	Millie Costing	Basildon AC	U13G	12:33
24	Aisling Walters	Southend AC	U13G	12:48
25	Sophie Foot	Orion Harriers	U13G	12:50
26	Bronya Overington	Woodford Green	U13G	12:57
27	Malaika Rahman	Orion Harriers	U13G	12:59
28	Larna Morgan	Woodford Green	U13G	13:01
29	Verity Garcia	Orion Harriers	U13G	13:07
30	Charlotte Grundy	Havering AC	U13G	13:13
31	Heid Aylen	Havering AC	U13G	13:14
32	Henrietta Thacker	Benfleet Running Club	U13G	13:25
33	Freya Higginbottom	Havering AC	U13G	13:35
34	Lucia De Cristofano	Benfleet Running Club	U13G	13:36
34	Cara O'Donnell Robert	Orion Harriers	U13G	13:36
36	Erin Vernon	Benfleet Running Club	U13G	13:40
37	Jess Turner	Basildon AC	U13G	13:45
38	Amelia Jones	Southend AC	U13G	13:50
39	Kate Ruane	Havering AC	U13G	14:02
40	Emily Scofield	Woodford Green	U13G	14:06
41	Lauren Holmes	Basildon AC	U13G	14:14
42	Isabelle Bartell	Havering AC	U13G	14:17
43	Ruby Lendon	Havering AC	U13G	14:18
44	Hollie Freeman	Havering AC	U13G	14:30
44	Matilda Taylor	Orion Harriers	U13G	14:30
46	Mabel Cowleys	Basildon AC	U13G	14:39
47	Charis Owen	Orion Harriers	U13G	14:55
48	Kate Ennis	Havering AC	U13G	16:06

Rank	Athlete	Club	Cat	Ind time
1	Megan Harris	Basildon AC	U15G	10:51
2	Sydney Foley	Havering AC	U15G	10:52
3	Demi Eves	Thurrock Harriers	U15G	10:57
4	Sophie Magson	Orion Harriers	U15G	11:11
5	Milly Presland	Colchester Harriers	U15G	11:13
6	Holly Freegard	Basildon AC	U15G	11:17
7	Sophie Wetheridge	Basildon AC	U15G	11:28
8	Hannah Phipps	Basildon AC	U15G	11:30
9	Savanna Sirkett	Orion Harriers	U15G	11:31
10	Lily Bath	Havering AC	U15G	11:34
11	Kierra Scott	Basildon AC	U15G	11:41
12	Kiera Bott	Basildon AC	U15G	11:42
13	Hannah Bolton	Chelmsford AC	U15G	11:50
14	Daizy Harris	Basildon AC	U15G	11:53
15	Sarah Blockley	Thurrock Harriers	U15G	11:56
16	Jayne Elvin	Thurrock Harriers NS	U15G	11:59
17	Maddison Harris	Basildon AC	U15G	12:00
17	Annie Grannell	Havering AC	U15G	12:00
17	Becci Leddy	Orion Harriers	U15G	12:00
20	Natalie Smith	East Essex Tri	U15G	12:03
21	Tia Coca	Chelmsford AC	U15G	12:09
22	Millie North	Basildon AC	U15G	12:21
23	Madeleine Claydon	Colchester Harriers	U15G	12:22
24	Alice Atkins	Havering AC	U15G	12:25
25	Faye Sweeting	Chelmsford AC	U15G	12:26
26	Sara El-Khamlichi	Orion Harriers	U15G	12:28
27	Holly Rex	Basildon AC	U15G	12:30
28	Rebecca O'Rourke	Havering AC	U15G	12:38
29	Rosie Spring	Thurrock Harriers NS	U15G	12:42
30	Iris Brandon	Orion Harriers	U15G	12:43
31	Morgan Romain	Havering AC	U15G	12:47
32	Kennedy Beardwell	Thurrock Harriers NS	U15G	12:51
33	Ava Poulson	Havering AC	U15G	12:53
34	Ebba Paterson	Colchester Harriers	U15G	12:54
35	Grace Rothwell	Colchester Harriers	U15G	12:56
36	Leah Brewer	Thurrock Harriers	U15G	12:57
37	Emilia Mckeekin	Basildon AC	U15G	13:12
38	Alexandra Thacker	Benfleet Running Club	U15G	13:25
39	Sophie Grant	Orion Harriers	U15G	13:33
40	Katie Brazier	Chelmsford AC	U15G	13:34
41	Beth Adams	East Essex Tri	U15G	13:41
42	Jess James	Havering AC	U15G	14:13
43	Charlotte Elliott	Benfleet Running Club	U15G	14:26
44	Isabella Minder	Colchester Harriers	U15G	14:32
45	Mary Lamma	Havering AC	U15G	14:53
46	Abbie Clark	Benfleet Running Club	U15G	15:09
46	Kiera Polley	East Essex Tri	U15G	15:09
48	Eve Smith	Orion Harriers	U15G	15:20
49	Hannah Rodgers	Colchester Harriers	U15G	16:06

Rank	Athlete	Club	Cat	Ind time
1	Jessica Mitchell	Havering AC	U17W	10:06
2	Kate O'Neill	Havering AC	U17W	10:27
3	Molly Sweetman	Havering AC	U17W	10:32
4	Annalie Cole	Orion Harriers	U17W	10:38
4	Grace Burrell	Basildon AC	U17W	10:38
6	Sophie Rand	Havering AC	U17W	11:08
7	Aoibheann Pearce	Orion Harriers	U17W	11:10
8	Hannah Smith	Chelmsford AC	U17W	11:13
9	Jenna Williamson	Southend AC	U17W	11:15
10	Joanna Rimmington	Southend AC	U17W	11:22
11	Grace Goodall	Basildon AC	U17W	11:29
12	Grace Dukelow	Havering AC	U17W	11:32
13	Abby Rex	Basildon AC	U17W	11:40
14	Lucy Aitchison	Chelmsford AC	U17W	11:47
15	Jordan Hinds	Ilford AC	U17W	11:56
16	Mia Slesser	Southend AC	U17W	12:13
17	Millie Daniels	Basildon AC	U17W	12:20
18	Charlotte Matthews	Chelmsford AC	U17W	12:21
19	Catherine Barker	Havering AC	U17W	12:24
20	Charlotte Grant	Orion Harriers	U17W	12:31
21	Elizabeth Woods	Colchester Harriers	U17W	12:46
22	Charlotte George	Basildon AC	U17W	12:51
23	Summer Thorpe	Basildon AC	U17W	12:54
24	Genevieve Pate	Basildon AC	U17W	13:24
25	Hannah Mickleburgh-Gardham	Basildon AC	U17W	13:34
26	Katie Rafferty	Havering AC	U17W	13:39
27	Daisy Hilson	Colchester Harriers	U17W	13:41
28	Chloe Morter	Havering AC	U17W	13:46
29	Angelica Thomson	Havering AC	U17W	14:14
30	Isabella Hick	Ilford AC	U17W	14:21
31	Charlotte Wright	Havering AC	U17W	14:26
32	Savanna Harrison	Colchester Harriers	U17W	14:42
33	Ellie Wright	Ilford AC	U17W	14:47
34	Amelia Day	Havering AC	U17W	15:24
35	Aara Shofiuzzaman	Basildon AC	U17W	16:02
36	Leah Hampson Long	Basildon AC	U17W	16:41

**Race 2 U13 boys/U15 boys/U17 men**

Pos	No	Team	Cat	Leg 1 runner	mm ss	Leg 2 runner	mm ss	Leg 3 runner	mm ss	Total
1	43	Woodford Green	U13B	Nathan Wright	10:47	Alessandra Berni	10:56	Jimmy Geller	10:32	32:15
2	44	Woodford Green	U13B	Evan Johnson	11:26	Sid Cody	11:30	James Brigstocke-William	11:11	34:07
3	45	Woodford Green	U13B	Ben Savidge	11:44	Ronan Edwards	11:29	Luca Gormley	11:17	34:30
4	30	Chelmsford AC	U13B	William Nuttall	11:37	Onyekechnkwn Okoh	12:52	Cooper Mills	11:47	36:16
5	29	Benfleet Running Club	U13B	Ronan Longman-Young	12:04	Kai Yeldham	11:35	James Wylde	12:43	36:22
6	31	East Essex Tri	U13B	Alex Ley	12:06	George Ley	12:52	Lucas Smith	11:42	36:40
7	28	Basildon AC	U13B	Harrison Thorpe	11:31	Alex Hawney	11:58	Ellis Wright	13:22	36:51
8	33	Havering AC	U13B	Matthew Blacklock	10:14	Alex Rawle	15:05	Joshua Lee-Prime	13:07	38:26
9	34	Havering AC	U13B	Tom Greening	13:18	Joseph Baxter	12:30	Sam Wilkins	13:10	38:58
10	32	East Essex Tri	U13B	Alex Santos	14:38	Antoine Royen-Brown	12:03	Ethan Deal	20:41	47:22
Pos	No	Team	Cat	Leg 1 runner	mm ss	Leg 2 runner	mm ss	Leg 3 runner	mm ss	Total
1	23	Woodford Green	U15B	Kieran Allgood	09:53	Ben Sloan	09:38	Kai Boggon	09:33	29:04
2	16	Ilford AC	U15B	Farris Patel	10:07	Jak Wright	09:56	Arron Samuel	09:10	29:13
3	24	Woodford Green	U15B	Sidnie Ward	09:31	Rhys Edwards	09:50	Joe Morgan	10:09	29:30
4	1	Basildon AC	U15B	Josh McGill	10:04	Jamie Rashbrook	09:39	Luke Meridew	09:52	29:35
5	19	Southend AC	U15B	Matthew Warner	10:10	Luke Randall	09:55	George Hey	10:23	30:28
6	22	Thurrock Harriers	U15B	Finnley Lowe	09:36	Dylan Harrod	10:44	Harry Parker	10:20	30:40
7	20	Southend AC	U15B	Joe Muller	10:16	Charles Purdy	10:26	James Edwards	10:47	31:29
8	5	Chelmsford AC	U15B	Ben Podd	10:38	Scott Thomas	10:22	Ethan Reilly	10:31	31:31
9	11	Havering AC	U15B	Sam Bradley	10:30	Alex Ford	10:11	Luke Chester	11:25	32:06
10	2	Basildon AC	U15B	Dan Houchell	10:24	Billy Saunders	10:40	Jack Saunders	11:07	32:11
11	25	Woodford Green	U15B	Liam Waldron	10:53	Sam Sloan	10:11	William Clifton	11:14	32:18
12	6	Chelmsford AC	U15B	Aaron Davies	11:00	Samuel Waite	11:18	Harry Clarke	11:00	33:18
13	9	East Essex Tri	U15B	Hayden Mack	11:14	Kyle Gill	11:30	William Mayes	11:30	34:14
14	12	Havering AC	U15B	Dominic Jarvis	11:13	Henry Lay	11:57	Jalke Long	11:16	34:26
15	17	Orion Harriers	U15B	Nathan Bowes	11:32	Rhys Dolan	11:51	Henry Jones	11:26	34:49
16	3	Billericay Striders	U15B	Tom Browning	11:06	Oscar Piggott	11:48	Harrison wood	12:25	35:19
17	21	Southend AC	U15B	Jamie Mart	10:48	William Samuels	11:46	Alex Aldridge	14:24	36:58
18	10	East Essex Tri	U15B	Lewis Volkman	12:37	Nathan clark	12:56	Daniel Mayes	11:53	37:26
19	4	Billericay Striders	U15B	Liam Peryer	11:31	Alexander Cory	13:48	Patrick Browning	15:18	40:37
Pos	No	Team	Cat	Leg 1 runner	mm ss	Leg 2 runner	mm ss	Leg 3 runner	mm ss	Total
1	81	Basildon AC	U17 Men	Oliver Lill	09:02	Isaac Brown	09:40	Dan Riley	09:22	28:04
2	92	Orion Harriers	U17M	Lewis Harknett	09:00	Owen Harknett	09:53	Joseph Clark	09:14	28:07
3	96	Thurrock Harriers	U17M	Taylor Newell	09:44	Leon Wheeler	09:14	Sarab Dhillon	09:11	28:09
4	85	Colchester Harriers	U17M	Max Caulfield	09:24	Danny Millward	09:37	Ermeas Afewerki	09:31	28:32
5	98	Woodford Green	U17M	Joe Geller	09:16	Todd Maleary	09:45	Hayden Maleary	09:47	28:48
7	94	Southend AC	U17M	Sam Wheatley	09:29	Oliver Randall	09:57	Sam Norris	09:40	29:06
9	89	Havering AC	U17M	Sam Atkins	09:40	Alex Friend	09:50	Harry Jones	09:45	29:15
12	88	East Essex Tri	U17M	Joe Trim	09:41	Luke Gill	10:18	Josh Metson	09:42	29:41
15	97	Thurrock Harriers	U17M	Jack Exley	10:19	Ben Prior	09:43	Henri Willett	10:58	31:00
16	86	Colchester Harriers	U17M	Joseph Bowden	10:15	Sam Shorter	10:31	Fergus Crouch	10:38	31:24
19	82	Basildon AC	U17M	George Hill	10:20	Dan McGill	10:29	James Wright	10:45	31:34
20	91	Ilford AC	U17M	Mungo Prior	09:35	Bradley Deacon	10:55	Jack Halil	11:28	31:58

25	83	Chelmsford AC	U17M	Joe Abbott	11:02	Mark Beale	11:24	Zach Bridgeland	09:55	32:21
27	95	Thurrock Harriers	U17M	Ellis Swindell	12:11	Mason Hambleton	10:52	Brian Wong	10:59	34:02

ESSEX CROSS COUNTY RELAY CHAMPIONSHIPS - INDIVIDUAL TIMES BY CATEGORY

Race 2

Rank	Athlete	Club	Cat	Ind time
1	Matthew Blacklock	Havering AC	U13B	10:14
2	Jimmy Geller	Woodford Green	U13B	10:32
3	Nathan Wright	Woodford Green	U13B	10:47
4	Alessandra Berni	Woodford Green	U13B	10:56
5	Matthew Hick	Iford AC	U13B	11:04
6	James Brigstocke-William	Woodford Green	U13B	11:11
7	Luca Gormley	Woodford Green	U13B	11:17
8	Evan Johnson	Woodford Green	U13B	11:26
9	Alex Kerr	Havering AC	U13B	11:28
10	Ronan Edwards	Woodford Green	U13B	11:29
11	Sid Cody	Woodford Green	U13B	11:30
12	Harrison Thorpe	Basildon AC	U13B	11:31
13	Hugo Jones	Southend AC	U13B	11:34
14	Kai Yeldham	Benfleet Running Club	U13B	11:35
15	William Nuttall	Chelmsford AC	U13B	11:37
16	Lucas Smith	East Essex Tri	U13B	11:42
17	Ben Savidge	Woodford Green	U13B	11:44
18	Cooper Mills	Chelmsford AC	U13B	11:47
19	Alex Hawney	Basildon AC	U13B	11:58
20	Own Fisher	Havering AC	U13B	12:00
21	Antoine Royen-Brown	East Essex Tri	U13B	12:03
22	Ronan Longman-Young	Benfleet Running Club	U13B	12:04
23	Alex Ley	East Essex Tri	U13B	12:06
24	Nathan Hodgson	Southend AC	U13B	12:27
25	Hugo Argyle	Orion Harriers	U13B	12:30
26	Joseph Baxter	Havering AC	U13B	12:30
27	Aaron Hick	Iford AC	U13B	12:35
28	James Wylde	Benfleet Running Club	U13B	12:43
29	George Ley	East Essex Tri	U13B	12:52
30	Onyekechnkwn Okoh	Chelmsford AC	U13B	12:52
31	Joshua Lee-Prime	Havering AC	U13B	13:07
32	Sam Wilkins	Havering AC	U13B	13:10
33	Tom Greening	Havering AC	U13B	13:18
34	Ellis Wright	Basildon AC	U13B	13:22
35	Alex Santos	East Essex Tri	U13B	14:38
36	Alex Rawle	Havering AC	U13B	15:05
37	Ethan Deal	East Essex Tri	U13B	20:41

Rank	Athlete	Club	Cat	Ind time
1	Arron Samuel	Iford AC	U15B	09:10
2	Sidnie Ward	Woodford Green	U15B	09:31
3	Kai Boggon	Woodford Green	U15B	09:33
4	Finnley Lowe	Thurrock Harriers	U15B	09:36
5	Ben Sloan	Woodford Green	U15B	09:38
6	Jamie Rashbrook	Basildon AC	U15B	09:39
7	Rhys Edwards	Woodford Green	U15B	09:50
8	Luke Meridew	Basildon AC	U15B	09:52
9	Kieran Allgood	Woodford Green	U15B	09:53
10	Luke Randall	Southend AC	U15B	09:55
11	Jak Wright	Iford AC	U15B	09:56
12	Josh McGill	Basildon AC	U15B	10:04
13	Farris Patel	Iford AC	U15B	10:07
14	Joe Morgan	Woodford Green	U15B	10:09
15	Matthew Warner	Southend AC	U15B	10:10
16	Sam Sloan	Woodford Green	U15B	10:11
17	Alex Ford	Havering AC	U15B	10:11
18	Joe Muller	Southend AC	U15B	10:16
19	Harry Parker	Thurrock Harriers	U15B	10:20
20	Scott Thomas	Chelmsford AC	U15B	10:22
21	George Hey	Southend AC	U15B	10:23
22	Dan Houchell	Basildon AC	U15B	10:24
23	Charles Purdy	Southend AC	U15B	10:26
24	Sam Bradley	Havering AC	U15B	10:30
25	Ethan Reilly	Chelmsford AC	U15B	10:31
26	Ben Podd	Chelmsford AC	U15B	10:38
27	Billy Saunders	Basildon AC	U15B	10:40
28	Dylan Harrod	Thurrock Harriers	U15B	10:44
29	James Edwards	Southend AC	U15B	10:47
30	Jamie Mart	Southend AC	U15B	10:48
31	Liam Waldron	Woodford Green	U15B	10:53
32	Aaron Davies	Chelmsford AC	U15B	11:00
33	Harry Clarke	Chelmsford AC	U15B	11:00
34	Tom Browning	Billericay Striders	U15B	11:06
35	Jack Saunders	Basildon AC	U15B	11:07
36	Dominic Jarvis	Havering AC	U15B	11:13
37	William Clifton	Woodford Green	U15B	11:14
38	Hayden Mack	East Essex Tri	U15B	11:14
39	Jalke Long	Havering AC	U15B	11:16
40	Samuel Waite	Chelmsford AC	U15B	11:18
41	Tommy Callager	Orion Harriers	U15B	11:21
42	Luke Chester	Havering AC	U15B	11:25
43	Henry Jones	Orion Harriers	U15B	11:26
44	Kyle Gill	East Essex Tri	U15B	11:30
45	William Mayes	East Essex Tri	U15B	11:30
46	Liam Peryer	Billericay Striders	U15B	11:31
47	Nathan Bowes	Orion Harriers	U15B	11:32
48	William Samuels	Southend AC	U15B	11:46
49	Oscar Piggott	Billericay Striders	U15B	11:48
50	Rhys Dolan	Orion Harriers	U15B	11:51
51	Daniel Mayes	East Essex Tri	U15B	11:53
52	Lenny Houston	Havering AC	U15B	11:54
53	Henry Lay	Havering AC	U15B	11:57
54	Harrison wood	Billericay Striders	U15B	12:25
55	Lewis Volkman	East Essex Tri	U15B	12:37
56	Joseph Watts	Orion Harriers	U15B	12:52
57	Nathan clark	East Essex Tri	U15B	12:56
58	Alexander Cory	Billericay Striders	U15B	13:48
59	Jack Thompson	Havering AC	U15B	14:11
60	Alex Aldridge	Southend AC	U15B	14:24
61	Patrick Browning	Billericay Striders	U15B	15:18



Rank	Athlete	Club	Cat	Ind time
1	Lewis Harknett	Orion Harriers	U17M	09:00
2	Oliver Lill	Basildon AC	U17M	09:02
3	Sarab Dhillon	Thurrock Harriers	U17M	09:11
4	Joseph Clark	Orion Harriers	U17M	09:14
5	Leon Wheeler	Thurrock Harriers	U17M	09:14
6	Joe Geller	Woodford Green	U17M	09:16
7	Dan Riley	Basildon AC	U17M	09:22
8	Max Caulfield	Colchester Harriers	U17M	09:24
9	Sam Wheatley	Southend AC	U17M	09:29
10	Ermeas Afewerki	Colchester Harriers	U17M	09:31
11	Mungo Prior	Ilford AC	U17M	09:35
12	Danny Millward	Colchester Harriers	U17M	09:37
13	Sam Norris	Southend AC	U17M	09:40
14	Isaac Brown	Basildon AC	U17M	09:40
15	Sam Atkins	Havering AC	U17M	09:40
16	Joe Trim	East Essex Tri	U17M	09:41
17	Josh Metson	East Essex Tri	U17M	09:42
18	Ben Prior	Thurrock Harriers	U17M	09:43
19	Taylor Newell	Thurrock Harriers	U17M	09:44
20	Harry Jones	Havering AC	U17M	09:45
21	Todd Maleary	Woodford Green	U17M	09:45
22	Hayden Maleary	Woodford Green	U17M	09:47
23	Alex Friend	Havering AC	U17M	09:50
24	Owen Harknett	Orion Harriers	U17M	09:53
25	Zach Bridgeland	Chelmsford AC	U17M	09:55
26	Oliver Randall	Southend AC	U17M	09:57
27	Joseph Bowden	Colchester Harriers	U17M	10:15
28	Luke Gill	East Essex Tri	U17M	10:18
29	Jack Exley	Thurrock Harriers	U17M	10:19
30	George Hill	Basildon AC	U17M	10:20
31	Will Jones	Orion Harriers	U17M	10:26
32	Dan McGill	Basildon AC	U17M	10:29
33	Sam Shorter	Colchester Harriers	U17M	10:31
34	Fergus Crouch	Colchester Harriers	U17M	10:38
35	James Wright	Basildon AC	U17M	10:45
36	Mason Hambleton	Thurrock Harriers	U17M	10:52
37	Bradley Deacon	Ilford AC	U17M	10:55
38	Henri Willett	Thurrock Harriers	U17M	10:58
39	Brian Wong	Thurrock Harriers	U17M	10:59
40	Joe Abbott	Chelmsford AC	U17M	11:02
41	Louis Berrett	Havering AC	U17M	11:02
42	Mark Beale	Chelmsford AC	U17M	11:24
43	Jack Halil	Ilford AC	U17M	11:28
44	Ellis Swindell	Thurrock Harriers	U17M	12:11

**Race 3 Women**

Pos	No	Team	Category	No	Leg 1 runner	mm ss	No	Leg 2 runner	mm ss	No	Leg 3 runner	mm ss	Total
1	28	Basildon AC	Senior Women	28A	Rachel Wiseman	16:03	28B	Gemma Kersey	16:02	28C	Emma Houchell	16:05	48:10
2	88	Springfield Striders	Senior Women	88A	Elizabeth Davies	15:15	88B	Nikki Brockbank	17:07	88C	Sam Barnes	17:05	49:27
3	37	Chelmsford AC	Senior Women	37A	Rebecca Luxton	16:44	37B	Rachel Broom	17:24	37C	Megan Williams	17:59	52:07
4	36	Chelmsford AC	Senior Women	36A	Hayley Pegg	18:27	36B	Megan Evans	16:30	36C	Wendy King	17:10	52:07
5	71	Havering AC	Senior Women	71A	Debbie Appleton	17:32	71B	Ginte Bailey	17:26	71C	Isabella Woods	18:17	53:15
6	29	Basildon AC	Senior Women	29A	Emily Bullis	16:05	29B	Nicola Bredin	18:42	29C	Emily Ballard	18:32	53:19
7	30	Basildon AC	Senior Women	30A	Charlotte Bishop	17:09	30B	Ellie Meadows	18:45	30C	Caroline Harden	17:46	53:40
8	83	Southend AC	Senior Women	83A	Lindsey Coleman	17:16	83B	Sarah Pennington	18:34	83C	Hayley Anne Lampkin	19:04	54:54
9	76	Orion Harriers	Senior Women	76A	Ella Wilson	18:15	76B	Lucy Parmenter	18:59	76C	Alison Trauttmansdorff	18:10	55:24
10	62	Colchester Harriers	Senior Women	62A	Samantha Hart	18:36	62B	Annette Oakman	19:31	62C	Hannah Watson	17:32	55:39
11	96	Thurrock Harriers	Senior Women	96A	Toni Radley	18:24	96B	Victoria Peacock	19:16	96C	Jodie Farrell	20:03	57:43
12	69	Halstead Road Runners	Senior Women	69A	Caroliena Cameron	19:33	69B	Melanie Candler	19:47	69C	Rachel Roughan	18:39	57:59
13	31	Benfleet RC	Senior Women	31A	Jacqui Watson	19:54	31B	Charmaine Sterling	19:04	31C	Nikki Leigh	20:04	59:02
14	84	Southend AC	Senior Women	84A	Kasia Kostyrka	19:31	84B	Vanessa Mathers	20:11	84C	Anne Jenkinson	19:27	59:09
15	72	Havering AC	Senior Women	72A	Jo Sullivan	19:29	72B	Toni Marshall	21:25	72C	Claire Davies		
16	85	Southend AC	Senior Women	85A	Holly Gillard	18:54	85B	Debbielyn Hallam	21:40	85C	Sue Cribbs		
17	34	Billericay Striders	Senior Women	34A	Ruth Havis	19:38	34B	Jo Ling	21:06	34C	Clare Worley		
18	86	Southend AC	Senior Women	86A	Natasha Waters	21:50	86B	Ellen Williams	19:29	86C	Natasha Lagden		
19	68	Grange Farm	Senior Women	68A	Charlotte King	20:39	68B	Abigail Rayner	21:08	68C	Kerry Harrington		
20	95	Thrift Green Trotters	Senior Women	95A	Mary Bower	19:57	95B	Amy Gornall	21:28	95C	Loretta Chalkey		
21	74	Ilford AC	Senior Women	74A	Breege Nordin	19:50	74B	Carlie Gorem	20:42	74C	Dianne Crisp		
22	63	Colchester Harriers	Senior Women	63A	Vicky Presland	18:56	63B	Helen Thurlow	21:18	63C	Louise Yates		
23	89	Springfield Striders	Senior Women	89A	Sarah Colbert	20:34	89B	Hilda O'Kelly	21:14	89C	Nichola Hands		
24	67	East London Runners	Senior Women	67A	Fiona Critchley	22:01	67B	Alexandra Brown	19:33	67C	Rachel Le Naix		
25	78	Phoenix Striders	Senior Women	78A	Jo Pearce	21:45	78B	Catherine Campbell	20:10	78C	Kristina Read		
26	66	East London Runners	Senior Women	66A	Tricia O'Drill	21:42	66B	Sarah Burns	21:11	66C	Maud Hodson		
27	73	Havering AC	Senior Women	73A	Angela Thompson	20:35	73B	Juliet Ward	22:18	73C	Claire Rudgley		
28	90	Springfield Striders	Senior Women	90A	Sharon Bannister	21:48	90B	Allison Gillan		90C	Kirsty Williams		
29	32	Benfleet RC	Senior Women	32A	Kelly McClenaghan	21:45	32B	Annette Johnson		32C	Karen McMeekin		
30	93	Thrift Green Trotters	Senior Women	93A	Clare Hills	21:53	93B	Madeleine Knight		93C	Vicki Calleja		
31	87	Southend AC	Senior Women	87A	Sue Compton	22:31	87B	Rebecca Taylor		87C	Trisha Holmes		
32	94	Thrift Green Trotters	Senior Women	94A	Jo Day	23:10	94B	Jill Thorne		94C	Marijke Van Eetvelde		
33	82	Pitsea RC	Senior Women	82A	Cheryl MacDonald	23:23	82B	Helen Williams		82C	Carol Cogdell		
34	97	Tiptree Road Runners	Senior Women	97A	Kate Finch	20:43	97B	Pat Rhodes		97C	Valerie Rees		
35	79	Phoenix Striders	Senior Women	79A	Grace Aeeman	25:33	79B	Lucy Cox		79C	Nicola Maslen		
36	33	Benfleet RC	Senior Women	33A	Laura Williams	23:44	33B	Samantha Venton		33C	Mandy Cooper		
37	80	Phoenix Striders	Senior Women	80A	Maria McQueenie	25:59	80B	Beryl De Smedt		80C	Sharon Wilkinson		
38	70	Havering 90 Joggers	Senior Women	70A	Emma Tangye	26:04	70B	Corinne Diable		70C	Lynsey Cornwall		
39	64	Colchester Harriers	Senior Women	64A	Becky Bjotter	25:26	64B	Rachel Rodgers		64C	Rachel Richardson Wright		
40	75	Ilford AC	Senior Women	75A	Frieda Keane	25:26	75B	Julia Galea		75C	Pam Jones		
41	91	Springfield Striders	Senior Women	91A	Kelly Wareham	26:51	91B	Gail Barker		91C	Sarah Godwin		
42	65	Dagenham 88 Runners	Senior Women	65A	Denise Woolston	27:59	65B	Vanessa Chowdhury		65C	Kelly Drake-Tapscott		
43	81	Phoenix Striders	Senior Women	81A	Heather Impey	25:29	81B	Donna Cresswell		81C	Susan Bannocks		

**ESSEX CROSS COUNTY RELAY CHAMPIONSHIPS - INDIVIDUAL TIMES BY CATEGORY**

Rank	Athlete	Club	Category	Ind time
1	Elizabeth Davies	Springfield Striders	Women	15:15
2	Gemma Kersey	Basildon AC	Women	16:02
3	Rachel Wiseman	Basildon AC	Women	16:03
4	Emily Bullis	Basildon AC	Women	16:05
4	Emma Houchell	Basildon AC	Women	16:05
6	Megan Evans	Chelmsford AC	Women	16:30
7	Rebecca Luxton	Chelmsford AC	Women	16:44
8	Sam Barnes	Springfield Striders	Women	17:05
8	Nikki Brockbank	Springfield Striders	Women	17:07
10	Charlotte Bishop	Basildon AC	Women	17:09
11	Wendy King	Chelmsford AC	Women	17:10
12	Lindsey Coleman	Southend AC	Women	17:16
13	Rachel Broom	Chelmsford AC	Women	17:24
14	Ginte Bailey	Havering AC	Women	17:26
15	Hannah Watson	Colchester Harriers	Women	17:32
15	Debbie Appleton	Havering AC	Women	17:32
17	Caroline Harden	Basildon AC	Women	17:46
18	Megan Williams	Chelmsford AC	Women	17:59
19	Alison Trauttmansdorff	Orion Harriers	Women	18:10
20	Ella Wilson	Orion Harriers	Women	18:15
20	Isabella Woods	Havering AC	Women	18:17
22	Toni Radley	Thurrock Harriers	Women	18:24
23	Hayley Pegg	Chelmsford AC	Women	18:27
24	Emily Ballard	Basildon AC	Women	18:32
24	Sarah Pennington	Southend AC	Women	18:34
26	Samantha Hart	Colchester Harriers	Women	18:36
27	Rachel Roughan	Halstead Road Runners	Women	18:39
28	Nicola Bredin	Basildon AC	Women	18:42
29	Ellie Meadows	Basildon AC	Women	18:45
30	Holly Gillard	Southend AC	Women	18:54
31	Vicky Presland	Colchester Harriers	Women	18:56
31	Lucy Parmenter	Orion Harriers	Women	18:59
33	Charmaine Sterling	Benfleet RC	Women	19:04
33	Hayley Anne Lampkin	Southend AC	Women	19:04
35	Victoria Peacock	Thurrock Harriers	Women	19:16
36	Anne Jenkinson	Southend AC	Women	19:27
37	Jo Sullivan	Havering AC	Women	19:29
37	Ellen Williams	Southend AC	Women	19:29
39	Kasia Kostyrka	Southend AC	Women	19:31
40	Annette Oakman	Colchester Harriers	Women	19:31
41	Carolienna Cameron	Halstead Road Runners	Women	19:33
41	Alexandra Brown	East London Runners	Women	19:33
43	Ruth Havis	Billericay Striders	Women	19:38
44	Melanie Candler	Halstead Road Runners	Women	19:47
45	Breege Nordin	Ilford AC	Women	19:50
46	Jacqui Watson	Benfleet RC	Women	19:54
47	Mary Bower	Thrift Green Trotters	Women	19:57
48	Jodie Farrell	Thurrock Harriers	Women	20:03
48	Nikki Leigh	Benfleet RC	Women	20:04
50	Catherine Campbell	Phoenix Striders	Women	20:10

51	Vanessa Mathers	Southend AC	Women	20:11
52	Sarah Colbert	Springfield Striders	Women	20:34
53	Angela Thompson	Havering AC	Women	20:35
54	Charlotte King	Grange Farm	Women	20:39
55	Carlie Gorem	Ilford AC	Women	20:42
56	Kate Finch	Tiptree Road Runners	Women	20:43
57	Jo Ling	Billericay Striders	Women	21:06
58	Abigail Rayner	Grange Farm	Women	21:08
59	Sarah Burns	East London Runners	Women	21:11
60	Hilda O'Kelly	Springfield Striders	Women	21:14
61	Helen Thurlow	Colchester Harriers	Women	21:18
61	Toni Marshall	Havering AC	Women	21:25
63	Amy Gornall	Thrift Green Trotters	Women	21:28
64	Debbielyn Hallam	Southend AC	Women	21:40
65	Tricia O'Drill	East London Runners	Women	21:42
66	Jo Pearce	Phoenix Striders	Women	21:45
67	Kelly McClenaghan	Benfleet RC	Women	21:45
68	Sharon Bannister	Springfield Striders	Women	21:48
69	Natasha Waters	Southend AC	Women	21:50
70	Clare Hills	Thrift Green Trotters	Women	21:53
71	Fiona Critchley	East London Runners	Women	22:01
72	Juliet Ward	Havering AC	Women	22:18
72	Sue Compton	Southend AC	Women	22:31
74	Jo Day	Thrift Green Trotters	Women	23:10
75	Cheryl MacDonald	Pitsea RC	Women	23:23
76	Laura Williams	Benfleet RC	Women	23:44
77	Becky Bjotter	Colchester Harriers	Women	25:26
77	Frieda Keane	Ilford AC	Women	25:26
79	Heather Impey	Phoenix Striders	Women	25:29
80	Grace Aeeman	Phoenix Striders	Women	25:33
81	Maria McQueenie	Phoenix Striders	Women	25:59
82	Emma Tangye	Havering 90 Joggers	Women	26:04
83	Kelly Wareham	Springfield Striders	Women	26:51
84	Denise Woolston	Dagenham 88 Runners	Women	27:59

## Race 3 Men

## Race 3 - Mens Relay

Pos	No	Team	Category	No	Leg 1 runner	mm ss	Leg 2 runner	mm ss	Leg 3 runner	mm ss	Leg 4 runner	mm ss	Total
1	125	Havering AC	Men	125A	Ben Davis	14:01	Paul Grange	14:26	Jamie Buckley-Stanton	14:41	Rob Warner	13:30	0:56:38
2	140	Southend AC	Men	140A	Chris Hatton	14:47	Lee Taylor	14:50	Toby Wright	14:45	Adam Hickey	12:41	0:57:03
3	101	Basildon AC	Men	101A	Harrison Smith	13:59	Mitchell Cox	14:56	Max Jones	14:26	Brandon Thorpe	14:27	0:57:48
4	131	Ilford AC	Men	131A	Moaad Zahri	15:11	Tom Gardner	14:17	Alex Richards	14:31	Ahmed Abdulle	14:04	0:58:03
5	134	Orion Harriers	Men	134A	Ben Hall	14:52	Shay White	15:17	Carl Fulford	15:04	Dan Moses	12:53	0:58:06
6	126	Havering AC	Men	126A	Steve Rand	14:50	James Stewart	15:03	Alfie Waitthaka	15:19	Matt Bland	13:45	0:58:57
7	145	Springfield Striders	Men	145A	Russell Davies	15:04	Paul Anderson	16:12	Scott Sterling	15:52	James Smith	13:00	1:00:08
8	141	Southend AC	Men	141A	Charlie Parker	15:32	Dominic Le Mare	15:28	Peter Smale	16:02	Christian Holmes	13:48	1:00:50
9	112	Chelmsford AC	Men	112A	Darren Blackwell	14:35	Harry Tullett	15:31	Peter Tullett	16:07	Mick Bridgeland	16:51	1:03:04
10	152	Thurrock Harriers	Men	152A	Scott Rice	15:47	Joe Logan	15:26	Nick Trencher	16:47	Oliver Mann	15:15	1:03:15
11	150	Thrift Green Trotters	Men	150A	Mark Read	16:20	Petter Barrett	16:38	James Marshall	17:36	Ryan Prout	12:52	1:03:26
12	127	Havering AC	Men	127A	Euan Harlow	16:17	Kieran O'Hara	16:47	Lewis Debenham	15:56	Freddie Keefe	16:01	1:05:01
13	128	Havering AC	Men	128A	Ian Anthony	15:36	Rob Dickenson	17:09	John Whitehead	16:00	Robby Cooman	16:21	1:05:06
14	103	Benfleet RC	Men	103A	Terry Spooner	15:39	Dexter Goward	17:07	Callum Liasi	16:53	Chris Wayman	16:40	1:06:19
15	107	Billericay Striders	Men	107A	Andy Wright	17:02	Kurtis Swan	14:59	Lloyd Miles	16:35	David Butler	17:55	1:06:31
16	135	Orion Harriers	Men	135A	Mark Dillon	15:31	Josh Iton	16:34	Ben Fisher	18:21	Tim Wright	16:19	1:06:45
17	129	Havering AC	Men	129A	Gary Atkins	16:48	Steve Walker	16:33	Stephen Dukelow	15:47	Paul Berrett	18:06	1:07:14
18	132	Ilford AC	Men	132A	Steve Philcox	15:56	Neil Crisp	16:40	Dennis Briggs	18:17	Seb Parris	16:25	1:07:18
19	146	Springfield Striders	Men	146A	Darren Sutton	17:02	Rob Mills	16:49	Jon Byford	17:08	Paul Broome	16:35	1:07:34
20	123	Havering 90 Joggers	Men	123A	Rob Trevor	16:02	Mark Dalby	17:53	Dave Shipman	17:51	Barry Smith	15:50	1:07:36
21	116	Colchester Harriers	Men	116A	Ollie Gifford	15:54	Kevin McAlinden	17:34	Jamie Nelson	16:53	Richard Millward	17:58	1:08:19
22	156	Witham RC	Men	156A	Andy Lager	16:26	Leo Cole	16:48	Scott Darney	16:58	Bill Smythe	18:49	1:09:01
23	115	Colchester Harriers	Men	115A	Craig Mitchell	16:52	Russell Goodridge	17:47	Chris Mamy	17:30	Alex Sales	16:59	1:09:08
24	153	Thurrock Harriers	Men	153A	Don Lawler	17:11	Keith Willett	16:27	Tim Martin	17:21	Anthony Tobin	19:00	1:09:59
25	104	Benfleet RC	Men	104A	Chris Jones	17:24	Nick Rankin	17:30	Stuart Watson	18:03	Richard Jones	17:29	1:10:26
26	105	Benfleet RC	Men	105A	Jack Hodges	16:55	Roy Harwood	18:02	Nick Styles	18:04	Ian Pike	18:27	1:11:28
27	130	Havering AC	Men	130A	Aiden Elmore	17:33	Graham Hogan	17:08	Tony Collins	18:48	Gary Robins	18:13	1:11:42
28	120	East London Runners	Men	120A	Spencer Evans	16:29	Paul Thompson	18:05	Jonathan Wooldridge	18:46	Mark Moir	18:28	1:11:48
29	117	Colchester Harriers	Men	117A	Lee Caulfield	18:53	Simon Smith	17:37	Simon Morgan	18:24	Chris Paton	18:12	1:13:06
30	109	Billericay Striders	Men	109A	Andy Coleman	17:00	Colin White	18:06	Laurence Harrison	20:43	Graham Jones	18:03	1:13:52
31	154	Thurrock Harriers	Men	154A	Paul Mitchell	18:47	Mick Bumstead	18:12	Gary Cahill Senior	18:08	Gary Cahill Junior	18:58	1:14:05
32	142	Southend AC	Men	142A	Isaac Dodd	16:21	Alan Monte	20:52	Ian Glover		Graham Eastly		1:14:22
33	118	Colchester Harriers	Men	118A	Kieron O'Callaghan		Ian Rattray		David Hilson		David Wright		1:14:25
34	102	Basildon AC	Men	102A	Joe Payne	17:16	David Findlay	18:34	Richard Bullis	18:14	John Rex	20:47	1:14:51
35	110	Castle Point Joggers	Men	110A	Richard Bonham	17:48	Paul Franklin	19:33	Barry Hockley		Dave Flanagan		1:15:02
36	151	Thrift Green Trotters	Men	151A	Marc Hills	17:37	Melvyn Cooper	21:49	Ben Whateley-Harris		Phil Olsen		1:15:59
37	121	East London Runners	Men	121A	Jonathan Shaw	19:02	Lance Fuller	21:10	Paul Marshall		Stuart Norris		1:17:52
38	136	Phoenix Striders	Men	136A	Lee Hazelwood	18:33	Colin Wilkinson	20:35	Jim Price		Ryan Sibley		1:17:59
39	147	Springfield Striders	Men	147A	Mark Jeffrey	18:59	Richard Rule	20:09	Alistair Gillan		Ken Hands		1:18:12
40	106	Benfleet RC	Men	106A	Ethan Douglass	18:30	Graham Douglass	19:05	Astephen Burton		Craig Sterling		1:18:53
41	122	East London Runners	Men	122A	Shamzb Ali	18:05	John Healy	20:23	Lanzs Le Naix		Shaun De Sena		1:21:45
42	119	Dagenham 88 Runners	Men	119A	Trevor Robinson	21:03	Michael Peggall		Jamie Austin		Andrew Wright		1:22:12
43	155	Tiptree Road Runners	Men	155A	Simon Baker	20:13	Rob Hadgraft		Iain Rhodes		Lee Kerrison		1:22:14
44	157	Witham RC	Men	157A	Thomas Ashley	20:02	Andy White	22:17	Dave Jobling		Steve Watson		1:22:43
45	133	Ilford AC	Men	133A	Stephen Cheal	21:00	Andrew Catton	19:27	Bill Green		Satha Alaga		1:22:48
46	148	Springfield Striders	Men	148A	Mark Babbage	21:30	Steve Bugden	19:07	Mark Moughton		Kevin Hopper		1:23:18
47	111	Castle Point Joggers	Men	111A	Rick Wade	18:32	Paul Varker	22:00	Mike Hayward		Brian Butcher		1:23:39
48	138	Pitsea RC	Men	138A	Jack Morris	16:34	Jim Russell	25:02	John Tracey		Peter McLaughlin		1:27:05
49	137	Phoenix Striders	Men	137A	Martin Orford	19:57	Billy Holman	20:23	Kin Vinicombe		Duncan Russell		1:28:17
50	143	Southend AC	Men	143A	David Girt	22:45	Angus Aldridge		Steve Jordan		Mathew Gillard		1:28:27
51	108	Billericay Striders	Men	108A	Ricky Lee	20:02	Steve Foggo	22:01	Keith Walker		Jim Rourke		1:30:41
52	124	Havering 90 Joggers	Men	124A	Brian Sladsi	23:41	Henry Monaghan		Dave Binge		Dennis Mole		1:33:31

**ESSEX CROSS COUNTY RELAY CHAMPIONSHIPS - INDIVIDUAL TIMES BY CATEGORY**

**Race 3**

<b>Rank</b>	<b>Athlete</b>	<b>Club</b>	<b>Category</b>	<b>Ind time</b>
1	Adam Hickey	Southend AC	Male	12:41
2	Ryan Prout	Thrift Green Trotters	Male	12:52
3	Dan Moses	Orion Harriers	Male	12:53
4	James Smith	Springfield Striders	Male	13:00
5	Rob Warner	Havering AC	Male	13:30
6	Matt Bland	Havering AC	Male	13:45
7	Christian Holmes	Southend AC	Male	13:48
8	Harrison Smith	Basildon AC	Male	13:59
9	Ben Davis	Havering AC	Male	14:01
10	Ahmed Abdulle	Ilford AC	Male	14:04
11	Tom Gardner	Ilford AC	Male	14:17
12	Paul Grange	Havering AC	Male	14:26
13	Max Jones	Basildon AC	Male	14:26
14	Brandon Thorpe	Basildon AC	Male	14:27
15	Alex Richards	Ilford AC	Male	14:31
16	Darren Blackwell	Chelmsford AC	Male	14:35
17	Jamie Buckley-Stanton	Havering AC	Male	14:41
18	Toby Wright	Southend AC	Male	14:45
19	Chris Hatton	Southend AC	Male	14:47
20	Lee Taylor	Southend AC	Male	14:50
21	Steve Rand	Havering AC	Male	14:50
22	Ben Hall	Orion Harriers	Male	14:52
23	Mitchell Cox	Basildon AC	Male	14:56
24	Kurtis Swan	Billericay Striders	Male	14:59
25	James Stewart	Havering AC	Male	15:03
26	Russell Davies	Springfield Striders	Male	15:04
27	Carl Fulford	Orion Harriers	Male	15:04
28	Moaad Zahri	Ilford AC	Male	15:11
29	Oliver Mann	Thurrock Harriers	Male	15:15
30	Shay White	Orion Harriers	Male	15:17
31	Alfie Waithaka	Havering AC	Male	15:19
32	Joe Logan	Thurrock Harriers	Male	15:26
33	Dominic Le Mare	Southend AC	Male	15:28
34	Mark Dillon	Orion Harriers	Male	15:31
35	Harry Tullett	Chelmsford AC	Male	15:31
36	Charlie Parker	Southend AC	Male	15:32
37	Ian Anthony	Havering AC	Male	15:36
38	Terry Spooner	Benfleet RC	Male	15:39
39	Scott Rice	Thurrock Harriers	Male	15:47
40	Stephen Dukelow	Havering AC	Male	15:47
41	Barry Smith	Havering 90 Joggers	Male	15:50
42	Scott Sterling	Springfield Striders	Male	15:52
43	Ollie Gifford	Colchester Harriers	Male	15:54
44	Lewis Debenham	Havering AC	Male	15:56
45	Steve Philcox	Ilford AC	Male	15:56
46	John Whitehead	Havering AC	Male	16:00
47	Freddie Keefe	Havering AC	Male	16:01
48	Peter Smale	Southend AC	Male	16:02
49	Rob Trevor	Havering 90 Joggers	Male	16:02
50	Peter Tullett	Chelmsford AC	Male	16:07
51	Paul Anderson	Springfield Striders	Male	16:12
52	Euan Harlow	Havering AC	Male	16:17
53	Tim Wright	Orion Harriers	Male	16:19
54	Mark Read	Thrift Green Trotters	Male	16:20
55	Isaac Dodd	Southend AC	Male	16:21

56	Robby Cooman	Havering AC	Male	16:21
57	Seb Parris	Ilford AC	Male	16:25
58	Andy Lager	Witham RC	Male	16:26
59	Keith Willett	Thurrock Harriers	Male	16:27
60	Spencer Evans	East London Runners	Male	16:29
61	Steve Walker	Havering AC	Male	16:33
62	Jack Morris	Pitsea RC	Male	16:34
63	Josh Iton	Orion Harriers	Male	16:34
64	Paul Broome	Springfield Striders	Male	16:35
65	Lloyd Miles	Billericay Striders	Male	16:35
66	Petter Barrett	Thrift Green Trotters	Male	16:38
67	Neil Crisp	Ilford AC	Male	16:40
68	Chris Wayman	Benfleet RC	Male	16:40
69	Nick Trencher	Thurrock Harriers	Male	16:47
70	Kieran O'Hara	Havering AC	Male	16:47
71	Gary Atkins	Havering AC	Male	16:48
72	Leo Cole	Witham RC	Male	16:48
73	Rob Mills	Springfield Striders	Male	16:49
74	Mick Bridgeland	Chelmsford AC	Male	16:51
75	Craig Mitchell	Colchester Harriers	Male	16:52
76	Callum Liasi	Benfleet RC	Male	16:53
77	Jamie Nelson	Colchester Harriers	Male	16:53
78	Jack Hodges	Benfleet RC	Male	16:55
79	Scott Darney	Witham RC	Male	16:58
80	Alex Sales	Colchester Harriers	Male	16:59
81	Andy Coleman	Billericay Striders	Male	17:00
82	Andy Wright	Billericay Striders	Male	17:02
83	Darren Sutton	Springfield Striders	Male	17:02
84	Dexter Goward	Benfleet RC	Male	17:07
85	Graham Hogan	Havering AC	Male	17:08
86	Jon Byford	Springfield Striders	Male	17:08
87	Rob Dickenson	Havering AC	Male	17:09
88	Don Lawler	Thurrock Harriers	Male	17:11
89	Joe Payne	Basildon AC	Male	17:16
90	Tim Martin	Thurrock Harriers	Male	17:21
91	Chris Jones	Benfleet RC	Male	17:24
92	Richard Jones	Benfleet RC	Male	17:29
93	Nick Rankin	Benfleet RC	Male	17:30
94	Chris Mamby	Colchester Harriers	Male	17:30
95	Aiden Elmore	Havering AC	Male	17:33
96	Kevin McAlinden	Colchester Harriers	Male	17:34
97	James Marshall	Thrift Green Trotters	Male	17:36
98	Simon Smith	Colchester Harriers	Male	17:37
99	Marc Hills	Thrift Green Trotters	Male	17:37
100	Russell Goodridge	Colchester Harriers	Male	17:47
101	Richard Bonham	Castle Point Joggers	Male	17:48
102	Dave Shipman	Havering 90 Joggers	Male	17:51
103	Mark Dalby	Havering 90 Joggers	Male	17:53
104	David Butler	Billericay Striders	Male	17:55
105	Richard Millward	Colchester Harriers	Male	17:58
106	Roy Harwood	Benfleet RC	Male	18:02
107	Graham Jones	Billericay Striders	Male	18:03
108	Stuart Watson	Benfleet RC	Male	18:03
109	Nick Styles	Benfleet RC	Male	18:04
110	Shamzb Ali	East London Runners	Male	18:05
111	Paul Thompson	East London Runners	Male	18:05
112	Paul Berrett	Havering AC	Male	18:06
113	Colin White	Billericay Striders	Male	18:06

114	Gary Cahill Senior	Thurrock Harriers	Male	18:08
115	Chris Paton	Colchester Harriers	Male	18:12
116	Mick Bumstead	Thurrock Harriers	Male	18:12
117	Gary Robins	Havering AC	Male	18:13
118	Richard Bullis	Basildon AC	Male	18:14
119	Dennis Briggs	Ilford AC	Male	18:17
120	Ben Fisher	Orion Harriers	Male	18:21
121	Simon Morgan	Colchester Harriers	Male	18:24
122	Ian Pike	Benfleet RC	Male	18:27
123	Mark Moir	East London Runners	Male	18:28
124	Ethan Douglass	Benfleet RC	Male	18:30
125	Rick Wade	Castle Point Joggers	Male	18:32
126	Lee Hazelwood	Phoenix Striders	Male	18:33
127	David Findlay	Basildon AC	Male	18:34
128	Jonathan Wooldridge	East London Runners	Male	18:46
129	Paul Mitchell	Thurrock Harriers	Male	18:47
130	Tony Collins	Havering AC	Male	18:48
131	Bill Smythe	Witham RC	Male	18:49
132	Lee Caulfield	Colchester Harriers	Male	18:53
133	Gary Cahill Junior	Thurrock Harriers	Male	18:58
134	Mark Jeffrey	Springfield Striders	Male	18:59
135	Anthony Tobin	Thurrock Harriers	Male	19:00
136	Jonathan Shaw	East London Runners	Male	19:02
137	Graham Douglass	Benfleet RC	Male	19:05
138	Steve Bugden	Springfield Striders	Male	19:07
139	Andrew Catton	Ilford AC	Male	19:27
140	Paul Franklin	Castle Point Joggers	Male	19:33
141	Martin Orford	Phoenix Striders	Male	19:57
142	Thomas Ashley	Witham RC	Male	20:02
143	Ricky Lee	Billericay Striders	Male	20:02
144	Richard Rule	Springfield Striders	Male	20:09
145	Simon Baker	Tiptree Road Runners	Male	20:13
146	Billy Holman	Phoenix Striders	Male	20:23
147	John Healy	East London Runners	Male	20:23
148	Colin Wilkinson	Phoenix Striders	Male	20:35
149	Laurence Harrison	Billericay Striders	Male	20:43
150	John Rex	Basildon AC	Male	20:47
151	Alan Monte	Southend AC	Male	20:52
152	Stephen Cheal	Ilford AC	Male	21:00
153	Trevor Robinson	Dagenham 88 Runner	Male	21:03
154	Lance Fuller	East London Runners	Male	21:10
155	Mark Babbage	Springfield Striders	Male	21:30
156	Melvyn Cooper	Thrift Green Trotters	Male	21:49
157	Paul Varker	Castle Point Joggers	Male	22:00
158	Steve Foggo	Billericay Striders	Male	22:01
159	Andy White	Witham RC	Male	22:17
160	David Girt	Southend AC	Male	22:45
161	Brian Sladsi	Havering 90 Joggers	Male	23:41
162	Jim Russell	Pitsea RC	Male	25:02



**Race 3 - Mixed teams**

Pos	No	Team	Category	Leg 1 runner	mm ss	Leg 2 runner	mm ss	Leg 3 runner	mm ss	Leg 4 runner	mm ss	Total
1	18	Havering AC	Mixed	Jason Lendon	15:04	Faye Fullerton	15:04	Robyn Matson	17:53	Martin Chester	15:23	1:03:24
2	20	Orion Harriers	Mixed	Claire Thurgood	17:21	Hayley Rogerson	18:01	George Day	14:58	Ian Clark	15:14	1:05:34
3	8	Colchester Harriers	Mixed	Sarah Stradling	16:18	Richard Heath	14:54	Becky Cooke	18:34	Mark Harrod	15:50	1:05:36
4	1	Benfleet Running Club	Mixed	Alan Clark	16:41	Paul Ruffey	16:15	Dominique Hart	18:49	Sinead Clark	17:16	1:09:01
5	15	East London Runners	Mixed	Dan Senior	16:38	Karen Levison	17:41	Eleanor Wilkinson	18:51	Ciaran Canavan	18:18	1:11:28
6	9	Colchester Harriers	Mixed	James Waterson	17:06	Ffion Harris	18:48	Paul Rodgers	15:56	Cheryl Appleby	20:24	1:12:14
7	21	Phoenix Striders	Mixed	Ewan McFarlane	16:24	Rachel Flanagan	19:33	Penny Jackson	20:12	Robert Vinicombe	16:57	1:13:06
8	3	Billericay Striders	Mixed	Chris O'Hara	15:58	Nicola O'Doherty	19:34	Helen O'Hara	22:53	Kieran O'Doherty	15:27	1:13:52
9	12	East Essex Tri	Mixed	Rebecca Gill	19:39	Christian Gray	17:15	Anna Meggit	21:29	Ray Brooks	18:35	1:16:58
10	10	Colchester Harriers	Mixed	Lily Waterson	23:10	Sean Gifford	20:20	Alan Watson	16:47	Michael Bates	16:42	1:16:59
11	25	Thurrock Harriers	Mixed	Steve Ball	18:24	Nigel Instance	19:39	Sue Beck	20:36	Brook Mensah	19:13	1:17:52
12	13	East Essex Tri	Mixed	Toby Knight	19:18	Deborah Ham	20:12	Jack Morris	18:05	Claire Boston	21:10	1:18:45
13	6	Castle Point Joggers	Mixed	Andy Debnam	20:26	June Freed	22:30	Graeme Edwards	19:57	Christina Edwards	20:36	1:23:29
14	4	Billericay Striders	Mixed	Chris Deacon	20:37	Rick Deacon	19:48	Kevin Bates	20:57	Sue Keiller	22:25	1:23:47
15	11	East Essex Tri	Mixed	Samuel Hill	18:47	Sharon Metson	23:53	Ben Brooks	21:07	Sue Mayes	22:17	1:26:04
16	5	Billericay Striders	Mixed	Shona Browning	21:44	Gerry O'Doherty	21:25	Debbie Smith	24:51	John Halliday	20:50	01:28:50
17	2	Benfleet Running Club	Mixed	Tom Robinson	20:39	Kevin Judge	22:14	Frances Webster	27:33	Audrey Morris	24:23	01:34:49
18	23	Pitsea RC	Mixed	Paul Omer	20:45	Caz Wallis	24:41	Gillian Harrison	29:53	Peter Bates	20:27	01:35:46
19	24	Pitsea RC	Mixed	Angela Smith	25:08	Steve MacDonald	25:44	Tim Shea	28:34	Marian Breeze	23:29	01:42:55
20	17	Havering 90 Joggers	Mixed	Ron Dobie	25:13	Christina Keselcan	26:10	Keith Penfold	28:19	Laura Kelly	25:17	01:44:59

**ESSEX CROSS COUNTY RELAY CHAMPIONSHIPS - INDIVIDUAL TIMES BY CATEGORY****Race 3**

<b>Rank</b>	<b>Athlete</b>	<b>Club</b>	<b>Category</b>	<b>Ind time</b>
1	Richard Heath	Colchester Harriers	Mixed	14:54
2	George Day	Orion Harriers	Mixed	14:58
3	Jason Lendon	Havering AC	Mixed	15:04
4	Faye Fullerton	Havering AC	Mixed	15:04
5	Ian Clark	Orion Harriers	Mixed	15:14
6	Martin Chester	Havering AC	Mixed	15:23
7	Kieran O'Doherty	Billericay Striders	Mixed	15:27
8	Mark Harrod	Colchester Harriers	Mixed	15:50
9	Paul Rodgers	Colchester Harriers	Mixed	15:56
10	Chris O'Hara	Billericay Striders	Mixed	15:58
11	Paul Ruffey	Benfleet Running Club	Mixed	16:15
12	Sarah Stradling	Colchester Harriers	Mixed	16:18
13	Ewan McFarlane	Phoenix Striders	Mixed	16:24
14	Dan Senior	East London Runners	Mixed	16:38
15	Alan Clark	Benfleet Running Club	Mixed	16:41
16	Michael Bates	Colchester Harriers	Mixed	16:42
17	Alan Watson	Colchester Harriers	Mixed	16:47
18	Robert Vinicombe	Phoenix Striders	Mixed	16:57
19	James Waterson	Colchester Harriers	Mixed	17:06
20	Christian Gray	East Essex Tri	Mixed	17:15
21	Sinead Clark	Benfleet Running Club	Mixed	17:16
22	Claire Thurgood	Orion Harriers	Mixed	17:21
23	Karen Levison	East London Runners	Mixed	17:41
24	Robyn Matson	Havering AC	Mixed	17:53
25	Hayley Rogerson	Orion Harriers	Mixed	18:01
26	Jack Morris	East Essex Tri	Mixed	18:05
27	Ciaran Canavan	East London Runners	Mixed	18:18
28	Steve Ball	Thurrock Harriers	Mixed	18:24
29	Becky Cooke	Colchester Harriers	Mixed	18:34
30	Ray Brooks	East Essex Tri	Mixed	18:35
31	Samuel Hill	East Essex Tri	Mixed	18:47
32	Ffion Harris	Colchester Harriers	Mixed	18:48
33	Dominique Hart	Benfleet Running Club	Mixed	18:49
34	Eleanor Wilkinson	East London Runners	Mixed	18:51
35	Brook Mensah	Thurrock Harriers	Mixed	19:13
36	Toby Knight	East Essex Tri	Mixed	19:18
37	Rachel Flanagan	Phoenix Striders	Mixed	19:33
38	Nicola O'Doherty	Billericay Striders	Mixed	19:34
39	Rebecca Gill	East Essex Tri	Mixed	19:39
40	Nigel Instance	Thurrock Harriers	Mixed	19:39
41	Rick Deacon	Billericay Striders	Mixed	19:48
42	Graeme Edwards	Castle Point Joggers	Mixed	19:57

43	Penny Jackson	Phoenix Striders	Mixed	20:12
44	Deborah Ham	East Essex Tri	Mixed	20:12
45	Sean Gifford	Colchester Harriers	Mixed	20:20
46	Cheryl Appleby	Colchester Harriers	Mixed	20:24
47	Andy Debnam	Castle Point Joggers	Mixed	20:26
48	Peter Bates	Pitsea RC	Mixed	20:27
49	Christina Edwards	Castle Point Joggers	Mixed	20:36
50	Sue Beck	Thurrock Harriers	Mixed	20:36
51	Chris Deacon	Billericay Striders	Mixed	20:37
52	Tom Robinson	Benfleet Running Club	Mixed	20:39
53	Paul Omer	Pitsea RC	Mixed	20:45
54	john Halliday	Billericay Striders	Mixed	20:50
55	Kevin Bates	Billericay Striders	Mixed	20:57
56	Ben Brooks	East Essex Tri	Mixed	21:07
57	Claire Boston	East Essex Tri	Mixed	21:10
58	Gerry O'Doherty	Billericay Striders	Mixed	21:25
59	Anna Meggit	East Essex Tri	Mixed	21:29
60	Shona Browning	Billericay Striders	Mixed	21:44
61	Kevin Judge	Benfleet Running Club	Mixed	22:14
62	Sue Mayes	East Essex Tri	Mixed	22:17
63	Sue Keiller	Billericay Striders	Mixed	22:25
64	June Freed	Castle Point Joggers	Mixed	22:30
65	Helen O'Hara	Billericay Striders	Mixed	22:53
66	Lily Waterson	Colchester Harriers	Mixed	23:10
67	Marian Breeze	Pitsea RC	Mixed	23:29
68	Sharon Metson	East Essex Tri	Mixed	23:53
69	Audrey Morris	Benfleet Running Club	Mixed	24:23
70	Caz Wallis	Pitsea RC	Mixed	24:41
71	Debbie Smith	Billericay Striders	Mixed	24:51
72	Angela Smith	Pitsea RC	Mixed	25:08
73	Ron Dobie	Havering 90 Joggers	Mixed	25:13
74	Laura Kelly	Havering 90 Joggers	Mixed	25:17
75	Steve MacDonald	Pitsea RC	Mixed	25:44
76	Christina Keselcan	Havering 90 Joggers	Mixed	26:10
77	Frances Webster	Benfleet Running Club	Mixed	27:33
78	Keith Penfold	Havering 90 Joggers	Mixed	28:19
79	Tim Shea	Pitsea RC	Mixed	28:34
80	Gillian Harrison	Pitsea RC	Mixed	29:53