

**Essex Cross Country Championships**

**U17W**

**Claybury**

**07/01/2017**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
<b>1</b>	549	Jessica Mitchell	U17W Havering AC	20: 12
<b>2</b>	551	Kate O'Neill	U17W Havering AC	41
<b>3</b>	559	Amber Pullinger	U17W Thurrock Harriers	21: 12
<b>4</b>	546	Rachael Broome	U17W Chelmsford AC	13
<b>5</b>	542	Sinead Clark	U17W Benfleet RC	44
<b>6</b>	547	Hannah Watson	U17W Colchester Harriers	47
<b>7</b>	554	Joanna Rimmington	U17W Southend AC	22: 16
<b>8</b>	550	Sophie Rand	U17W Havering AC	22
<b>9</b>	562	Louise Gilbert	U17W WG & EL	23: 25
<b>10</b>	548	Elsie Gray	U17W Colchester & Tendring	31
<b>11</b>	557	Jenna Williams	U17W Southend AC	24: 25
<b>12</b>	541	Abbey Rex	U17W Basildon AC	53
<b>13</b>	553	Jordan Hinds	U17W Ilford AC	25: 03
<b>14</b>	552	Catherine Barker	U17W Havering AC	29
<b>15</b>	558	Lucie Ball	U17W Thurrock Harriers	38
<b>16</b>	556	Mia Slesser	U17W Southend AC	27: 20

**Team Result**

**1** Havering AC 25

## Essex Cross Country Championships

U17M

Claybury

07/01/2017

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	29	Joseph Owen	U17M Orion Harriers	17: 53
2	8	Elliott Cordery	U17M Chelmsford AC	57
3	11	Connor Page	U17M Chelmsford AC	18: 02
4	21	Lewis Harknett	U17M Harlow AC	31
5	9	Tom Keevil	U17M Chelmsford AC	43
6	2	Isaac Brown	U17M Basildon AC	19: 06
7	33	Sam Norris	U17M Southend AC	08
8	13	Jake Young	U17M Colchester Harriers	15
9	30	Joseph Clark	U17M Orion Harriers	26
10	23	Sam Atkins	U17M Havering AC	31
11	42	Sarab Dhillon	U17M Thurrock Harriers	44
12	20	Benjamin Miller	U17M Colchester & Tendring	46
13	14	Oscar Dawson	U17M Colchester Harriers	59
14	12	Charlie Everest	U17M Chelmsford AC	20: 10
15	39	Joe Logan	U17M Thurrock Harriers	14
16	24	Lewis Debenham	U17M Havering AC	23
17	85	Luke Gill	U17M East Essex Tri	33
18	41	Taylor Newell	U17M Thurrock Harriers	40
19	18	Freddy Richardson	U17M Colchester & Tendring	45
20	34	Harry Smith	U17M Southend AC	21: 01
21	10	Harry Tullett	U17M Chelmsford AC	05
22	32	Tom Stuttle	U17M Southend AC	13
23	38	Matt Norris	U17M Southend AC	15
24	25	Oliver Bath	U17M Havering AC	17
25	7	Dexter Goward	U17M Benfleet RC	26
26	84	Ben Goodwin	U17M East Essex Tri	29
27	3	Reece Scott	U17M Basildon AC	36
28	26	Oliver Morter	U17M Havering AC	40
29	43	George Joslin	U17M Chelmsford AC	52
30	5	George Applewhite	U17M Basildon AC	23: 27
31	22	Archie Barrington	U17M Harwich Runners	30
32	37	Craig Wheeler	U17M Southend AC	25: 47

### Team Result

1	Chelmsford AC	24
2	Southend AC	72
3	Havering AC	78

## Essex Cross Country Championships

U20W

Claybury

07/01/2017

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
<b>1</b>	812	Jodie Judd	U20W Chelmsford AC	20: 06
<b>2</b>	825	Alicia McArdell	U20W WG & EL	23: 43
<b>3</b>	818	Sarah Wilson	U20W Havering AC	24: 03
<b>4</b>	811	Hannah Irwin	U20W Braintree & District	49
<b>5</b>	817	Amy Baggs	U20W Havering AC	25: 12
<b>6</b>	821	Annabel Matthews-Smith	U20W Southend AC	17
<b>7</b>	823	Iona Doyle	U20W Southend AC	27: 17
<b>8</b>	824	Ellen Williams	U20W Southend AC	27
<b>9</b>	820	Natasha Walter	U20W Southend AC	28: 15
<b>10</b>	816	Georgia Phillips	U20W Havering AC	21

### Team Result

1 Southend AC 30

## Essex Cross Country Championships

U20M

Claybury

07/01/2017

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	61	Callum Charleston	U20M Chelmsford AC	27: 14
2	73	Ahmed Abdulle	U20M Ilford AC	19
3	71	Ben Davis	U20M Havering AC	28: 21
4	51	Harrison Smith	U20M Basildon AC	29
5	62	Ramadan Osman	U20M Colchester Harriers	33
6	76	Daniel Richards	U20M Orion Harriers	46
7	75	George Day	U20M Orion Harriers	29: 00
8	55	Max Jones	U20M Basildon AC	09
9	52	Brandon Thorpe	U20M Basildon AC	18
10	74	Jordan Chrisostomou	U20M Orion Harriers	25
11	82	Samuel Smith	U20M Thurrock Harriers	42
12	63	Joseph Patterson	U20M Colchester & Tendring	30: 00
13	69	James Stewart	U20M Havering AC	31: 03
14	83	Shay White	U20M Orion Harriers	10
15	79	Dominic LeMare	U20M Southend AC	51
16	53	Christian Gray	U20M Basildon AC	32: 55
17	70	Kieran O'Hara	U20M Havering AC	33: 35
18	58	Kieran Feltham	U20M Benfleet RC	44
19	59	Joshua Mulley	U20M Braintree & District	47
20	65	Harry Young	U20M Harwich Runners	45: 30

### Team Result

1	Orion Harriers	37
2	Basildon AC	37

**Essex Cross Country Championships****SW****Claybury****07/01/2017**

<b>Pos</b>	<b>No</b>	<b>Name</b>		<b>Club</b>	<b>Time</b>
<b>1</b>	763	Elizabeth Davies	SW	Springfield Striders	30: 13
<b>2</b>	780	Gemma Holloway	U20	Thurrock Harriers	23
<b>3</b>	756	Kerry Holland	SW	Southend AC	31: 29
<b>4</b>	677	Alex Gounelas	SW	Eton Manor AC	44
<b>5</b>	604	Emma Houchell	SW	Basildon AC	45
<b>6</b>	623	Sally Judd	SW	Chelmsford AC	47
<b>7</b>	705	Lydia Hallam	SW	Havering AC	50
<b>8</b>	718	Clare Thurgood	SW	Orion Harriers	59
<b>9</b>	603	Anna Whitfield	SW	Basildon AC	32: 40
<b>10</b>	601	Kirsty Tydeman	SW	Basildon AC	43
<b>11</b>	725	Lucy Charles	SW	Orion Harriers	33: 04
<b>12</b>	626	Rebecca Luxton	SW	Chelmsford AC	20
<b>13</b>	801	Hayley Hawes	SW	East Essex Tri	29
<b>14</b>	632	Victoria Hayes	SW	Chelmsford AC	45
<b>15</b>	796	Heather Wilson	SW	WG & EL	51
<b>16</b>	771	Samantha Barnes Bilbie	SW	Springfield Striders	34: 23
<b>17</b>	706	Vicky Smith	SW	Havering AC	58
<b>18</b>	799	Rachel Lund	SW	WG & EL	35: 03
<b>19</b>	637	Rebecca Cooke	SW	Colchester Harriers	05
<b>20</b>	621	Christine Howard	SW	Billericay Striders	09
<b>21</b>	643	Ffion Harris	SW	Colchester Harriers	13
<b>22</b>	757	Sarah Pennington	SW	Southend AC	34
<b>23</b>	701	Debbie Appleton	SW	Havering AC	36: 05
<b>24</b>	634	Eleanor Mayne	SW	Colchester Harriers	07
<b>25</b>	605	Louise Douglass	SW	Basildon AC	12
<b>26</b>	686	Zoe Woodward	SW	Eton Manor AC	16
<b>27</b>	631	Hayley Pegg	SW	Chelmsford AC	19
<b>28</b>	723	Alison Trauttmansdoff-Weinsberg	SW	Orion Harriers	22
<b>29</b>	761	Polly Bridgman	SW	Springfield Striders	24
<b>30</b>	719	Hayley Rogerson	SW	Orion Harriers	49
<b>31</b>	689	Taryne McPherson	SW	Eton Manor AC	52
<b>32</b>	722	Natalie Kipps	SW	Orion Harriers	37: 00
<b>33</b>	750	Natasha Lagden	SW	Southend AC	14
<b>34</b>	609	Jacqui Watson	SW	Benfleet RC	21
<b>35</b>	770	Emily Smith	SW	Springfield Striders	48
<b>36</b>	678	Clair Fisher	SW	Eton Manor AC	56
<b>37</b>	792	Erica Brown-Vasey	SW	Victoria Park Harriers	58
<b>38</b>	797	Jenny Thomas	SW	WG & EL	38: 10
<b>39</b>	602	Emily Bullis	SW	Basildon AC	42
<b>40</b>	747	Kasia Kostyrka-Allehorne	SW	Southend AC	43
<b>41</b>	698	Sophie Scott	SW	Harwich Runners	53
<b>42</b>	726	Alison Taylor	SW	Orion Harriers	39: 06

<b>43</b>	769	Rachael Roughan	SW	Springfield Striders		13
<b>44</b>	679	Kate Malcolm	SW	Eton Manor AC		17
<b>45</b>	732	Pippa Dowswell	SW	Orion Harriers		27
<b>46</b>	672	Eleanor Wilkinson	SW	East London Runners		29
<b>47</b>	766	Vic Curren	SW	Springfield Striders		31
<b>48</b>	731	Liz Maidment	SW	Orion Harriers		32
<b>49</b>	610	Kate Wilkinson	SW	Benfleet RC		34
<b>50</b>	734	Claire Huggins	SW	Orion Harriers		46
<b>51</b>	611	Jayne Stacey	SW	Benfleet RC	40:	11
<b>52</b>	702	Jo Sullivan	SW	Havering AC		43
<b>53</b>	708	Nicola Hopkinson	SW	Ilford AC		50
<b>54</b>	724	Jo Plumb	SW	Orion Harriers		51
<b>55</b>	676	Jennifer Heymann	SW	Eton Manor AC	41:	02
<b>56</b>	714	Mary Knapman	SW	Loughton AC		04
<b>57</b>	729	Ella Wilson	SW	Orion Harriers		20
<b>58</b>	697	Mel Candler	SW	Halsted Road Runners		27
<b>59</b>	752	Sue Cribbs	SW	Southend AC		37
<b>60</b>	727	Lorraine Gosling	SW	Orion Harriers		45
<b>61</b>	657	Sarah Burns	SW	East London Runners		58
<b>62</b>	618	Ruth Havis	SW	Billericay Striders	42:	01
<b>63</b>	620	Christine Deacon	SW	Billericay Striders		05
<b>64</b>	794	Alex Wardle	SW	WG & EL		24
<b>65</b>	700	Elspeth Knott	SW	Harwich Runners		50
<b>66</b>	613	Kelly McClenaghan	SW	Benfleet RC	42:	52
<b>67</b>	660	Fiona Critchley	SW	East London Runners		57
<b>68</b>	709	Dianna Crisp	SW	Ilford AC	43:	00
<b>69</b>	650	Rahana Islam	SW	Dagenham 88 Runners		02
<b>70</b>	663	Chloe Millan	SW	East London Runners		07
<b>71</b>	751	Debby Lynn Hallam	SW	Southend AC		09
<b>72</b>	767	Allison Gillan	SW	Springfield Striders		11
<b>73</b>	764	Karen Chapman	SW	Springfield Striders		20
<b>74</b>	721	Gina Bianchi	SW	Orion Harriers		32
<b>75</b>	619	Jo Ling	SW	Billericay Striders		35
<b>76</b>	788	Rachel Jackson	SW	Tiptree RR		58
<b>77</b>	694	Wendy Carter	SW	Halsted Road Runners	44:	15
<b>78</b>	617	Wendy Reed	SW	Billericay Striders		23
<b>79</b>	607	Cristina Cooper	SW	Barking RR		28
<b>80</b>	661	Claire Emery	SW	East London Runners		33
<b>81</b>	693	Janine Durrant	SW	Eton Manor AC	45:	06
<b>82</b>	658	Maud Hodson	SW	East London Runners		07
<b>83</b>	614	Mandy Cooper	SW	Benfleet RC		18
<b>84</b>	656	Emma Dudman	SW	Dagenham 88 Runners		20
<b>85</b>	707	Jenni Sheehan	SW	Ilford AC		31
<b>86</b>	691	Jillian White	SW	Eton Manor AC		41
<b>87</b>	681	Jenni Hall	SW	Eton Manor AC		42
<b>88</b>	785	Zoe Gould	SW	Tiptree RR		52
<b>89</b>	612	Sarah Norton	SW	Benfleet RC		54
<b>90</b>	772	Juliet Warren-Penny	SW	Springfield Striders		57

<b>91</b>	716	Sharon Skidmore	SW	Mid Essex Casuals	46:	04
<b>92</b>	736	Ruth Roberts	SW	Phoenix Striders		20
<b>93</b>	717	Natalie Traylen	SW	Newham & Essex Beagles		34
<b>94</b>	669	Julie Campbell	SW	East London Runners		35
<b>95</b>	791	Valerie Rees	SW	Tiptree RR	47:	02
<b>96</b>	662	Susannah McLaren	SW	East London Runners		07
<b>97</b>	616	Annette Johnson	SW	Benfleet RC		26
<b>98</b>	649	Hannah Sheilhk	SW	Dagenham 88 Runners		34
<b>99</b>	733	Nessa Clyne	SW	Orion Harriers		42
<b>100</b>	803	Frances Grudley	SW	Tiptree RR		57
<b>101</b>	673	Sasha Ackland	SW	Eton Manor AC	48:	12
<b>102</b>	695	Nicola Smith	SW	Halsted Road Runners		15
<b>103</b>	715	Irene Petersen	SW	Loughton AC		32
<b>104</b>	704	Tracey O'Neill	SW	Havering AC		33
<b>105</b>	713	Jean Hobbs	SW	Loughton AC		50
<b>106</b>	688	Michelle Baxter-Wickham	SW	Eton Manor AC		51
<b>107</b>	789	Stacy Hember	SW	Tiptree RR		55
<b>108</b>	739	Grace Reeman	SW	Phoenix Striders	49:	18
<b>109</b>	790	Fiona Burrows	SW	Tiptree RR		26
<b>110</b>	773	Sarah Knowles	SW	Springfield Striders		35
<b>111</b>	652	Louise Chappell	SW	Dagenham 88 Runners		37
<b>112</b>	615	Laura Williams	SW	Benfleet RC		47
<b>113</b>	768	Sarah Goodwin	SW	Springfield Striders		59
<b>114</b>	675	Hayley Dalton	SW	Eton Manor AC	50:	09
<b>115</b>	741	Angela Smith	SW	Pitsea RC		19
<b>116</b>	664	Jane Niewczasinski	SW	East London Runners		20
<b>117</b>	692	Molly Cooper	SW	Eton Manor AC		22
<b>118</b>	782	Tina Clarke	SW	Tiptree RR		24
<b>119</b>	671	Diana Rexhepaj	SW	East London Runners		33
<b>120</b>	765	Vicki Robins	SW	Springfield Striders		51
<b>121</b>	682	Mala Singh	SW	Eton Manor AC		54
<b>122</b>	659	Caroline Moore	SW	East London Runners	51:	02
<b>123</b>	653	Timi Veerasamy	SW	Dagenham 88 Runners		02
<b>124</b>	655	Rosina Salmon	SW	Dagenham 88 Runners		24
<b>125</b>	667	Alexandra Rutishauser-Perera	SW	East London Runners		38
<b>126</b>	784	Tracy Harrington	SW	Tiptree RR		53
<b>127</b>	783	Pat Rhodes	SW	Tiptree RR	52:	05
<b>128</b>	786	Julia Bawden	SW	Tiptree RR		05
<b>129</b>	730	Louise Szlezinger	SW	Orion Harriers		09
<b>130</b>	606	Alison Fryatt	SW	Barking RR		16
<b>131</b>	683	Christina Watson	SW	Eton Manor AC		21
<b>132</b>	737	Nicola Maslen	SW	Phoenix Striders		25
<b>133</b>	735	Nicola Burston	SW	Phoenix Striders		40
<b>134</b>	740	Marion Breeze	SW	Pitsea RC	53:	04
<b>135</b>	728	Lisa Smith	SW	Orion Harriers	54:	04
<b>136</b>	712	Michaela Davis	SW	Loughton AC	55:	29
<b>137</b>	696	Sarah Frost	SW	Halsted Road Runners		29
<b>138</b>	654	Sara Prior	SW	Dagenham 88 Runners		54

<b>139</b>	787	Alia Hamdam	SW	Tiptree RR	56:	49
<b>140</b>	670	Sonia Cheadle	SW	East London Runners	57:	33
<b>141</b>	668	Joanna Wood	SW	East London Runners	58:	42
<b>142</b>	666	Sarah Pascal	SW	East London Runners		45
<b>143</b>	665	Elizabeth O'Donnell	SW	East London Runners	60:	01
<b>144</b>	680	Claire Taylor	SW	Eton Manor AC		13

**Team Result**

<b>1</b>	Basildon AC	49
<b>2</b>	Chelmsford AC	59
<b>3</b>	Orion Harriers	77
<b>4</b>	Springfield Striders	81
<b>5</b>	Eton Manor AC	97
<b>6</b>	Southend AC	98
<b>7</b>	Havering AC	99
<b>8</b>	WG & EL	135
<b>9</b>	Orion Harriers 'B'	167
<b>10</b>	Benfleet RC	200
<b>11</b>	Billericay Striders	220
<b>12</b>	Orion Harriers 'C'	221
<b>13</b>	Springfield Striders 'B'	235
<b>14</b>	East London Runners	244
<b>15</b>	Eton Manor AC 'B'	266
<b>16</b>	East London Runners 'B'	352
<b>17</b>	Tiptree RR	359
<b>18</b>	Dagenham 88 Runners	362
<b>19</b>	Halsted Road Runners	374
<b>20</b>	Benfleet RC 'B'	381
<b>21</b>	Loughton AC	400
<b>22</b>	Eton Manor AC 'C'	408
<b>23</b>	Springfield Striders 'C'	433
<b>24</b>	Orion Harriers 'D'	437
<b>25</b>	Tiptree RR 'B'	460
<b>26</b>	Phoenix Striders	465
<b>27</b>	East London Runners 'C'	482
<b>28</b>	Eton Manor AC 'D'	513
<b>29</b>	East London Runners 'D'	566



**Essex Cross Country Championships****SM****Claybury****07/01/2017**

<b>Pos</b>	<b>No</b>	<b>Name</b>		<b>Club</b>	<b>Time</b>
<b>1</b>	293	Tom Firth	SM	Southend AC	38: 10
<b>2</b>	368	James Stockings	SM	WG & EL	32
<b>3</b>	235	Rob Warner	SM	Havering AC	33
<b>4</b>	361	Tom Beedell	SM	WG & EL	46
<b>5</b>	132	Grant Twist	SM	Chelmsford AC	50
<b>6</b>	360	Darren Southcott	SM	WG & EL	55
<b>7</b>	133	Stephen Woodford	SM	Chelmsford AC	39: 15
<b>8</b>	319	Tristan Windley	SM	Springfield Striders	26
<b>9</b>	377	Daniel Steel	SM	WG & EL	40
<b>10</b>	369	Angus Holford	SM	WG & EL	47
<b>11</b>	363	Tomaz Plibersek	SM	WG & EL	53
<b>12</b>	102	Adam Houchell	U20	Basildon AC	55
<b>13</b>	126	Crispian Bloomfield	SM	Billericay Striders	59
<b>14</b>	128	Ryan Prout	SM	Chelmsford AC	40: 45
<b>15</b>	241	Malcolm Muir	SM	Ilford AC	49
<b>16</b>	289	Jonathan Bradford	SM	Serpentine RC	41: 00
<b>17</b>	141	Jordan Rowe	SM	Colchester Harriers	08
<b>18</b>	185	Thomas Grimes	SM	East London Runners	19
<b>19</b>	362	Harold Wyber	SM	WG & EL	19
<b>20</b>	137	Allen Smalls	SM	Colchester Harriers	33
<b>21</b>	356	Andy Summers	SM	Victoria Park Harriers	37
<b>22</b>	308	James Smith	SM	Springfield Striders	41
<b>23</b>	221	Robert Reason	SM	Harwich Runners	44
<b>24</b>	305	Lee Taylor	SM	Southend AC	53
<b>25</b>	381	Joe Ray	U20	Southend AC	56
<b>26</b>	325	Alex Manton	SM	Springfield Striders	42: 08
<b>27</b>	258	Ian Clark	SM	Orion Harriers	14
<b>28</b>	205	Gary Towers	SM	Eton Manor AC	18
<b>29</b>	263	Nick Shasha	SM	Orion Harriers	21
<b>30</b>	357	Pete Dyson	SM	Victoria Park Harriers	22
<b>31</b>	254	Daniel Moses	SM	Orion Harriers	28
<b>32</b>	110	Andy Low	SM	Benfleet RC	29
<b>33</b>	307	Sam Cornforth	SM	Springfield Striders	30
<b>34</b>	336	Alec Finch	SM	Thurrock Harriers	34
<b>35</b>	143	Adam Sawyer	SM	Colchester Harriers	41
<b>36</b>	136	Darren Farrugia	SM	Colchester Harriers	47
<b>37</b>	142	Paul Rogers	SM	Colchester Harriers	49
<b>38</b>	179	Mark Boulton	SM	East London Runners	52
<b>39</b>	172	Patrick Brown	SM	East London Runners	55
<b>40</b>	371	Tommy Bower	SM	WG & EL	59
<b>41</b>	255	Fabio Rizzo	SM	Orion Harriers	43: 03
<b>42</b>	375	Julian Russell	SM	WG & EL	06

<b>43</b>	144	Mark Harrod	SM	Colchester Harriers		15
<b>44</b>	139	Colin Ridley	SM	Colchester Harriers		18
<b>45</b>	315	Russell Davies	SM	Springfield Striders		24
<b>46</b>	209	James Hutchinson	SM	Eton Manor AC		27
<b>47</b>	106	George Watts	SM	Benfleet RC		37
<b>48</b>	194	Paul Boddey	SM	Eton Manor AC		37
<b>49</b>	372	Joe Everitt	SM	WG & EL		40
<b>50</b>	257	Colin Read	SM	Orion Harriers		47
<b>51</b>	120	Chris O'Hare	SM	Billericay Striders		53
<b>52</b>	158	Cameron Humphries	SM	Colchester Harriers		53
<b>53</b>	350	Duncan Steen	SM	Victoria Park Harriers	44:	05
<b>54</b>	244	Paul Holloway	SM	Ilford AC		07
<b>55</b>	306	Anthony Goodall	SM	Springfield Striders		08
<b>56</b>	251	Brian Jenkins	SM	Orion Harriers		14
<b>57</b>	187	Billy Rayner	SM	East London Runners		18
<b>58</b>	130	Reece Asik	SM	Chelmsford AC		22
<b>59</b>	355	Ben Wickham	SM	Victoria Park Harriers		28
<b>60</b>	353	James Bewley	SM	Victoria Park Harriers		37
<b>61</b>	318	Stuart Raven	SM	Springfield Striders		47
<b>62</b>	295	Christian Holmes	SM	Southend AC		48
<b>63</b>	225	Mark Lloyd	SM	Harwich Runners		50
<b>64</b>	331	Paul Miles	SM	Springfield Striders		57
<b>65</b>	164	Nigel Swinburne	SM	Dagenham 88 Runners	45:	05
<b>66</b>	261	Dean Moy	SM	Orion Harriers		07
<b>67</b>	119	Kurtis Swan	SM	Billericay Striders		11
<b>68</b>	365	Dave Cox	SM	WG & EL		14
<b>69</b>	333	Scott Rice	SM	Thurrock Harriers		17
<b>70</b>	379	Pete Caton	SM	WG & EL		32
<b>71</b>	108	Terry Spooner	SM	Benfleet RC		39
<b>72</b>	201	Chris Tait	SM	Eton Manor AC		45
<b>73</b>	220	Simon Day	SM	Harwich Runners		54
<b>74</b>	107	Graham Booty	SM	Benfleet RC		57
<b>75</b>	320	James Wright	SM	Springfield Striders		11
<b>76</b>	186	Dan Gritton	SM	East London Runners	46:	11
<b>77</b>	337	Toby Draper	SM	Thurrock Harriers		
<b>78</b>	323	Paul Jeggo	SM	Springfield Striders		25
<b>79</b>	195	Paul Cates	SM	Eton Manor AC		26
<b>80</b>	109	Alan Clark	SM	Benfleet RC		34
<b>81</b>	190	Dan Senior	SM	East London Runners		37
<b>82</b>	284	Jack Morris	SM	Pitsea RC		48
<b>83</b>	237	Martin Chester	SM	Havering AC		57
<b>84</b>	348	Gary Bagnall	SM	Victoria Park Harriers		59
<b>85</b>	378	James Perry	SM	WG & EL	47:	00
<b>86</b>	242	Neil Crisp	SM	Ilford AC		05
<b>87</b>	260	Nial McGoun	SM	Orion Harriers		09
<b>88</b>	264	Reece Barclay	SM	Orion Harriers		11
<b>89</b>	294	Alec Kyrakides	SM	Southend AC		14
<b>90</b>	321	Darren Sutton	SM	Springfield Striders		18

<b>91</b>	216	Wesley Atkins	SM	Halstead Road Runners	20
<b>92</b>	184	Spencer Evans	SM	East London Runners	28
<b>93</b>	359	Leo Cole	SM	Witham RC	31
<b>94</b>	268	Glenn Gosling	SM	Orion Harriers	39
<b>95</b>	327	Paul Broome	SM	Springfield Striders	43
<b>96</b>	112	Nick Rankin	SM	Benfleet RC	51
<b>97</b>	232	Gary Atkins	SM	Havering AC	48: 02
<b>98</b>	124	Robin McCoy	SM	Billericay Striders	06
<b>99</b>	140	Ged McMillan	SM	Colchester Harriers	10
<b>100</b>	176	Ciaran Canavan	SM	East London Runners	12
<b>101</b>	111	Richard Jones	SM	Benfleet RC	16
<b>102</b>	222	Stephen Peck	SM	Harwich Runners	18
<b>103</b>	149	Craig Mitchell	SM	Colchester Harriers	19
<b>104</b>	226	Robin Brookes	SM	Harwich Runners	24
<b>105</b>	178	Scott McMillan	SM	East London Runners	29
<b>106</b>	342	Anthony Tobin	SM	Thurrock Harriers	38
<b>107</b>	219	Richard Candler	SM	Halstead Road Runners	45
<b>108</b>	249	Adrian Smith	SM	Orion Harriers	49
<b>109</b>	266	Scott Reid	SM	Orion Harriers	54
<b>110</b>	274	Ewan McFarlane	SM	Phoenix Striders	49: 04
<b>111</b>	358	Giles Sowerby	SM	Witham RC	08
<b>112</b>	345	James Haskry-Jones	SM	Tiptree Road Runners	08
<b>113</b>	335	John Green	SM	Thurrock Harriers	10
<b>114</b>	351	Victor Hearn-Yeates	SM	Victoria Park Harriers	14
<b>115</b>	352	Kevin Long	SM	Victoria Park Harriers	19
<b>116</b>	238	Steve Walker	SM	Havering AC	20
<b>117</b>	146	Russell Goodridge	SM	Colchester Harriers	21
<b>118</b>	118	Lloyd Miles	SM	Billericay Striders	34
<b>119</b>	310	Peter Chubb	SM	Springfield Striders	42
<b>120</b>	156	Chris Manby	SM	Colchester Harriers	43
<b>121</b>	125	Dave Butler	SM	Billericay Striders	52
<b>122</b>	180	Andrew Baxter	SM	East London Runners	56
<b>123</b>	252	Alex Elferink	SM	Orion Harriers	50: 01
<b>124</b>	131	Peter Tullett	SM	Chelmsford AC	30
<b>125</b>	114	Brian Venton	SM	Benfleet RC	50
<b>126</b>	253	Ben Fisher	SM	Orion Harriers	56
<b>127</b>	309	Jon Byford	SM	Springfield Striders	51: 04
<b>128</b>	217	Jon Greenley	SM	Halstead Road Runners	13
<b>129</b>	105	Diarmuid MacDonnell	SM	Barking RR	16
<b>130</b>	338	Mick Bumstead	SM	Thurrock Harriers	28
<b>131</b>	334	Keith Willett	SM	Thurrock Harriers	43
<b>132</b>	215	Richard Parr	SM	Eton Manor AC	45
<b>133</b>	210	John Black	SM	Eton Manor AC	57
<b>134</b>	213	Stephen Dunn	SM	Eton Manor AC	58
<b>135</b>	324	Philip Watts	SM	Springfield Striders	52: 06
<b>136</b>	256	Bill Bennett	SM	Orion Harriers	18
<b>137</b>	280	Trevor Horncastle	SM	Phoenix Striders	26
<b>138</b>	115	Mike Grout	SM	Benfleet RC	30

<b>139</b>	339	Tim Martin	SM	Thurrock Harriers		32
<b>140</b>	292	Peter Binns	SM	Southend AC		33
<b>141</b>	236	Richard Rowe	SM	Havering AC		50
<b>142</b>	317	Gary Joslin	SM	Springfield Striders		59
<b>143</b>	173	Gareth Davies	SM	East London Runners	53:	00
<b>144</b>	243	Sebastian Parris	SM	Ilford AC		27
<b>145</b>	332	Daniel Ward	SM	Thrift Green Trotters		28
<b>146</b>	150	Simon Morgan	SM	Colchester Harriers		31
<b>147</b>	169	Peter Salmon	SM	Dagenham 88 Runners		37
<b>148</b>	328	Paul Stukas	SM	Springfield Striders		57
<b>149</b>	314	Julian Catmull	SM	Springfield Striders	54:	05
<b>150</b>	165	Richard Dudman	SM	Dagenham 88 Runners		07
<b>151</b>	259	Davis Milner	SM	Orion Harriers		11
<b>152</b>	229	Tony Collins	SM	Havering AC		14
<b>153</b>	207	Rob Sommerville	SM	Eton Manor AC		16
<b>154</b>	385	Ian Gill	SM	East Essex Tri		24
<b>155</b>	159	Tim Ballard	SM	Colchester Harriers		58
<b>156</b>	326	Tim Brockington	SM	Springfield Striders	55:	00
<b>157</b>	270	Danny Fitzsimons	SM	Orion Harriers		08
<b>158</b>	129	Kevin Kirby	SM	Chelmsford AC		19
<b>159</b>	103	Andrew Gwilliam	SM	Barking RR		34
<b>160</b>	192	Jonathan Wooldridge	SM	East London Runners		47
<b>161</b>	262	Gary Barlett	SM	Orion Harriers		55
<b>162</b>	177	Paul Marshall	SM	East London Runners	56:	10
<b>163</b>	282	Lee Hazelwood	SM	Phoenix Striders		22
<b>164</b>	116	Stephen Burton	SM	Benfleet RC		24
<b>165</b>	175	Lance Fuller	SM	East London Runners		39
<b>166</b>	277	John Russell	SM	Phoenix Striders		47
<b>167</b>	265	Roy Perrott	SM	Orion Harriers		51
<b>168</b>	188	John Healy	SM	East London Runners		55
<b>169</b>	341	Bernie Johnson	SM	Thurrock Harriers	57:	21
<b>170</b>	181	Grant Conway	SM	East London Runners		28
<b>171</b>	183	Carlton D'Souza	SM	East London Runners	58:	10
<b>172</b>	267	Setephen Bennett	SM	Orion Harriers		26
<b>173</b>	347	Craig Dawson	SM	Tiptree Road Runners		32
<b>174</b>	278	Martin Orford	SM	Phoenix Striders		39
<b>175</b>	276	James Price	SM	Phoenix Striders	60:	52
<b>176</b>	191	Simon Thomas	SM	East London Runners	61:	08
<b>177</b>	160	Trevor Robinson	SM	Dagenham 88 Runners		49
<b>178</b>	281	Ryan Sibley	SM	Phoenix Striders	63:	40
<b>179</b>	189	Jason Levy	SM	East London Runners	66:	35
<b>180</b>	297	Dave Grit	SM	Southend AC	67:	01
<b>181</b>	248	Brian Butcher	SM	Mid Essex Casuals		10
<b>182</b>	224	Andrew Thorn	SM	Harwich Runners		49
<b>183</b>	311	Mark Moughton	SM	Springfield Striders		53
<b>184</b>	163	Ian Cummins	SM	Dagenham 88 Runners		53
<b>185</b>	167	Mike Peggall	SM	Dagenham 88 Runners	70:	02
<b>186</b>	275	Nelson Howe	SM	Phoenix Striders	84:	36

### **Team Result**

<b>1</b>	<b>WG &amp; EL</b>	<b>42</b>
<b>2</b>	<b>Colchester Harriers</b>	<b>188</b>
<b>3</b>	<b>Springfield Striders</b>	<b>189</b>
<b>4</b>	<b>Orion Harriers</b>	<b>234</b>
<b>5</b>	<b>WG &amp; EL 'B'</b>	<b>288</b>
<b>6</b>	<b>Victoria Park Harriers</b>	<b>307</b>
<b>7</b>	<b>East London Runners</b>	<b>309</b>
<b>8</b>	<b>Southend AC</b>	<b>341</b>
<b>9</b>	<b>Chelmsford AC</b>	<b>366</b>
<b>10</b>	<b>Benfleet RC</b>	<b>400</b>
<b>11</b>	<b>Eton Manor AC</b>	<b>405</b>
<b>12</b>	<b>Springfield Striders 'B'</b>	<b>463</b>
<b>13</b>	<b>Billericay Striders</b>	<b>468</b>
<b>14</b>	<b>Thurrock Harriers</b>	<b>529</b>
<b>15</b>	<b>Colchester Harriers 'B'</b>	<b>535</b>
<b>16</b>	<b>Harwich Runners</b>	<b>547</b>
<b>17</b>	<b>Orion Harriers 'B'</b>	<b>552</b>
<b>18</b>	<b>Havering AC</b>	<b>592</b>
<b>19</b>	<b>East London Runners 'B'</b>	<b>722</b>
<b>20</b>	<b>Springfield Striders 'C'</b>	<b>820</b>
<b>21</b>	<b>Orion Harriers 'C'</b>	<b>854</b>
<b>22</b>	<b>Dagenham 88 Runners</b>	<b>908</b>
<b>23</b>	<b>Phoenix Striders</b>	<b>925</b>
<b>24</b>	<b>East London Runners 'C'</b>	<b>1012</b>