

Race 1 U13 Boys				
Position	Race No.	Name	Time	Club
1	13	Will Steadman	0:10:32	Chelmsford AC
2	22	Henry Dover	0:10:32	Colchester & Tendring ac
3	12	Luca Mcgrath	0:10:43	Cambridge & Coleridge
4	67	Jimmy Geller	0:10:44	Woodford Green & Essex Ladies
5	1	Samuel Riley	0:10:51	Basildon
6	68	Nathan Wright	0:10:54	Woodford Green & Essex Ladies
7	70	Luca Gormley	0:11:12	Woodford Green & Essex Ladies
8	4	Harry Lewis	0:11:19	Basildon
9	69	Reuben Fabian	0:11:21	Woodford Green & Essex Ladies
10	62	Thomas Peacock	0:11:26	Thurrock Harriers
11	23	James Brigstocke-williams	0:11:27	Colchester & Tendring ac
12	11	Oliver Prince	0:11:29	Braintree and District AC
13	3	Frank Lewis	0:11:36	Basildon
14	41	Ryan Carroll	0:11:39	Havering AC
15	48	Toby Johnson	0:11:42	Havering AC
16	17	Gregory Martin	0:11:43	Chelmsford AC
17	53	Mackinley Gall	0:11:46	Southend AC
18	54	Hugo Jones	0:11:52	Southend AC
19	44	Nathan Hart	0:11:54	Havering AC
20	47	Michael Tesi	0:11:55	Havering AC
21	18	Archie Durham	0:11:56	Chelmsford AC
22	66	Cassidy Dike	0:12:04	Thurrock Harriers
23	29	Leo Morley-robertson	0:12:04	Colchester & Tendring ac
24	42	Daniel Lammas	0:12:09	Havering AC
25	15	Azuka Okoh	0:12:09	Chelmsford AC
26	61	Nick Shepherd	0:12:10	Southend AC
27	55	Henry Champion	0:12:11	Southend AC
28	26	Damien Atmadjov	0:12:15	Colchester & Tendring ac
29	14	Cooper Mills	0:12:19	Chelmsford AC
30	43	Seb Alexandru	0:12:21	Havering AC
31	60	Will Sankey	0:12:25	Southend AC
32	46	Max Robbins	0:12:28	Havering AC
33	5	Richard Vanstone	0:12:34	Basildon
34	49	Alex Cordery-smith	0:12:38	Havering AC
35	51	Rio Johnson-wray	0:12:39	Orion Harriers
36	50	Eddie De Souza	0:12:43	Orion Harriers
37	45	Finley Wolton	0:12:44	Havering AC
38	24	Finn Rattray	0:12:46	Colchester & Tendring ac
39	27	Stanley Hobbs	0:12:48	Colchester & Tendring ac
40	65	Harry Wyatt	0:12:49	Thurrock Harriers
41	19	Lewis Waite	0:12:50	Chelmsford AC
42	32	Matthew Chalmers	0:12:56	Colchester & Tendring ac
43	64	Louis Geater	0:12:59	Thurrock Harriers
44	9	Brody Connor	0:13:05	Benfleet RC
45	56	Matthew Collins	0:13:17	Southend AC
46	63	Harry Tobin	0:13:21	Thurrock Harriers
47	28	Rocco Viljoen	0:13:23	Colchester & Tendring ac
48	30	Jude Swaine	0:13:25	Colchester & Tendring ac
49	35	Charlie Parmenter	0:13:39	COLCHESTER HARRIERS AC
50	7	Ollie Conners	0:13:42	Benfleet RC
51	31	Harvey Fox	0:13:45	Colchester & Tendring ac
52	36	Harrison Leek	0:13:55	COLCHESTER HARRIERS AC
53	25	Fred Walton	0:13:58	Colchester & Tendring ac
54	34	Marcus Jensen	0:13:58	COLCHESTER HARRIERS AC
55	39	Samuel Parrott	0:14:00	EAST ESSEX TRI CLUB
56	6	Adam Bakler- Kugler	0:15:28	Basildon
57	38	Alex Walder	0:15:39	COLCHESTER HARRIERS AC
58	58	Daniel Elgar	0:16:41	Southend AC
59	37	Michael Woods	0:16:45	COLCHESTER HARRIERS AC

Race 2 U13 Girls				
Position	Race No.	Name	Time	Club
1	130	Abigail Reid	0:11:27	Woodford Green & Essex Ladies
2	84	Kiera Atkinson	0:11:35	Chelmsford AC
3	129	Kezia Beeton	0:11:44	Woodford Green & Essex Ladies
4	104	Ruby Higgins	0:11:45	Havering AC
5	105	Stephanie Okoro	0:11:55	Havering AC
6	103	Matilda Canty	0:12:02	Havering AC
7	88	Holy Watson	0:12:05	Chelmsford AC
8	83	Kayleigh Atkinson	0:12:09	Chelmsford AC
9	109	Freya Long	0:12:13	Havering AC
10	133	Rosemary Kelly	0:12:28	Woodford Green & Essex Ladies
11	85	Gaby Bilbie	0:12:29	Chelmsford AC
12	106	Charlotte Evans	0:12:32	Havering AC
13	107	Hannah Evans	0:12:35	Havering AC
14	77	Millie Costin	0:12:41	Basildon
15	76	Isobel Calabrito	0:12:46	Basildon
16	82	Amelia King	0:12:48	Chelmsford AC
17	128	Cheyenne Dagher	0:12:50	Thurrock Harriers
18	80	Erin Vernon	0:12:53	Benfleet RC
19	113	Sophie Foot	0:12:53	Orion Harriers
20	87	Alice Bower	0:12:54	Chelmsford AC
21	111	Lucy Bacon	0:12:58	Havering AC
22	116	Aisling Walters	0:13:03	Southend AC
23	131	Larna Morgan	0:13:18	Woodford Green & Essex Ladies
24	86	Sophie Cottam	0:13:21	Chelmsford AC
25	121	Isabel Tracy	0:13:25	Southend AC
26	81	Mia Bowring	0:13:41	Chelmsford AC
27	79	Ruby Aylott	0:13:45	Benfleet RC
28	78	Carissa Baxter	0:13:51	Basildon
29	118	Liliana Taylor	0:14:00	Southend AC
30	90	Rachel Sandercock	0:14:10	Colchester & Tendring ac
31	127	Sophie Matthews	0:14:11	Thurrock Harriers
32	75	Lydia Stevenson	0:14:11	Basildon
33	110	Kate Ruane	0:14:15	Havering AC
34	93	Bella Agostini	0:14:15	Colchester & Tendring ac
35	100	Lizzie Wellsted	0:14:26	COLCHESTER HARRIERS AC
36	102	Daisy Ward	0:14:36	Harwich Runners
37	97	Daisy Rickwood	0:14:40	COLCHESTER HARRIERS AC
38	114	Cara O'donnell-roberts	0:14:53	Orion Harriers
39	95	Emily McGill	0:14:59	COLCHESTER HARRIERS AC
40	117	Eliza Sole	0:15:05	Southend AC
41	99	Rachel Sale	0:15:07	COLCHESTER HARRIERS AC
42	108	Eliza Poulson	0:15:18	Havering AC
43	92	Ellie Thompson	0:15:21	Colchester & Tendring ac
44	115	Lily Smith	0:15:39	Orion Harriers
45	120	Maya Farrow	0:15:47	Southend AC
46	119	Josie Solly	0:15:48	Southend AC
47	124	Holly Pinborough	0:15:48	Southend AC
48	91	Elsa Styles	0:16:10	Colchester & Tendring ac
49	94	Mia Ghironi	0:20:03	COLCHESTER HARRIERS AC

Race 3 U15 Boys				
Position	Race No	Name	Time	Club
1	165	Alex Ford	0:12:55	Havering AC
2	158	Matthew Brayshaw	0:13:00	Colchester & Tendring ac
3	169	Charlie Howell	0:13:01	Havering AC
4	177	George Hey	0:13:25	Southend AC
5	141	Toby Linsell	0:13:25	Basildon
6	153	Aidan Cahill	0:13:33	Colchester & Tendring ac
7	189	Reece Munro	0:13:35	Southend AC
8	194	Jacob Hardy	0:13:37	Woodford Green & Essex Ladies
9	178	Luke Randall	0:13:40	Southend AC
10	179	Benedict Maguire	0:13:42	Southend AC
11	167	Shane Hart	0:13:49	Havering AC
12	140	Daniel Houchel	0:13:53	Basildon
13	180	Jay Kelly	0:13:55	Southend AC
14	191	Dylan Harrod	0:13:57	Thurrock Harriers
15	181	Fred Tall	0:14:07	Southend AC
16	152	Charlie Regan	0:14:12	Colchester & Tendring ac
17	146	William Nuttall	0:14:15	Chelmsford AC
18	166	Matthew Blacklock	0:14:19	Havering AC
19	193	Harchander Dhillon	0:14:23	Thurrock Harriers
20	192	Sunny Vehit	0:14:26	Thurrock Harriers
21	162	Sam Shippey	0:14:28	COLCHESTER HARRIERS AC
22	148	Samuel Waite	0:14:32	Chelmsford AC
23	173	Arthur Ansell	0:14:38	Orion Harriers
24	144	Archie Conners	0:14:40	Benfleet RC
25	145	Ronan Longman - Young	0:14:45	Benfleet RC
26	183	William Samuels	0:14:46	Southend AC
27	160	Antoine Atmadjov	0:14:52	Colchester & Tendring ac
28	156	Liam Morgan	0:14:53	Colchester & Tendring ac
29	157	Joshua Calvert	0:15:25	Colchester & Tendring ac
30	174	Belkacem Bella	0:15:41	Orion Harriers
31	168	Lewis Edwards	0:15:45	Havering AC
32	147	Onyeka Okoh	0:15:46	Chelmsford AC
33	154	Archie Henington	0:15:54	Colchester & Tendring ac
34	159	Michael Knowles	0:16:10	Colchester & Tendring ac
35	151	Joseph Perry	0:16:19	Chelmsford AC
36	172	Owen Keen	0:16:40	Orion Harriers
37	150	Thomas Woodward	0:16:57	Chelmsford AC

Race 4 U15 Girls				
Position	Race No	Name	Time	Club
1	204	Megan Harris	0:13:45	Basildon
2	203	Abigail Ives	0:13:54	Basildon
3	232	Natalie Sewell	0:14:18	Havering AC
4	234	Sydney Foley	0:14:22	Havering AC
5	205	Maddison Harris	0:14:24	Basildon
6	222	Milly Presland	0:14:35	COLCHESTER HARRIERS AC
7	251	Demi Eves	0:14:43	Thurrock Harriers
8	241	Maisy Silverstone	0:14:48	Orion Harriers
9	236	Chloe Rand	0:14:56	Havering AC
10	252	Jayne Elvin	0:15:05	Thurrock Harriers
11	206	Freya Seymour	0:15:08	Basildon
12	202	Chloe Trew	0:15:15	Basildon
13	215	Lauryn Wood	0:15:26	Chelmsford AC
14	247	Hannah Warner	0:15:29	Southend AC
15	248	Ruby Samuels	0:15:31	Southend AC
16	243	Sophie Magson	0:15:33	Orion Harriers
17	207	Daizy Harris	0:15:59	Basildon
18	223	Madeleine Clayton	0:16:00	COLCHESTER HARRIERS AC
19	201	Hannah Riley	0:16:01	Basildon
20	240	Hannah Yexley	0:16:01	Havering AC
21	245	Grace Holmes	0:16:23	Southend AC
22	237	Madeline Barker	0:16:29	Havering AC
23	221	Kaela Swaine	0:16:31	Colchester & Tendring ac
24	211	Rose Sheppard	0:16:34	Braintree and District AC
25	214	Lauren Hazel	0:16:34	Chelmsford AC
26	255	Kennedy Beardwell	0:16:42	Thurrock Harriers
27	208	Francesca Turner	0:16:59	Basildon
28	242	Alexandra Dawson	0:17:10	Orion Harriers
29	235	Annie Grannell	0:17:18	Havering AC
30	213	Ciara Cronin	0:17:22	Chelmsford AC
31	216	Katie Brazier	0:17:25	Chelmsford AC
32	218	Rebekah Long	0:17:35	Chelmsford AC
33	253	Leah Brewer	0:17:55	Thurrock Harriers
34	210	Lucia De Cristofano	0:18:12	Benfleet RC
35	244	Eve Smith	0:18:15	Orion Harriers
36	233	Rebecca O'rourke	0:18:15	Havering AC
37	220	Emily White	0:18:23	Colchester & Tendring ac
38	249	Amelia Jones	0:18:34	Southend AC
39	224	Missy Buxton	0:18:43	COLCHESTER HARRIERS AC
40	229	Emily Henderson	0:19:03	COLCHESTER HARRIERS AC
41	231	Dalia Jeballah	0:20:43	Harwich Runners
42	226	Maddison Filer	0:23:19	COLCHESTER HARRIERS AC
43	227	Jennifer Woods	0:23:21	COLCHESTER HARRIERS AC

Race 5 F35+						
Position	Race No	Name	Age Group	Age Pos	Time	Club
1	388	Elizabeth Davies	F35	1	0:26:22	Springfield Striders
2	276	Rebecca Luxton	F35	2	0:28:30	Chelmsford AC
3	340	Sally Judd	F35	3	0:28:43	Herts Phoenix
4	389	Nikki Brockbank	F35	4	0:29:30	Springfield Striders
5	288	Aiko Hennington	F35	5	0:29:36	COLCHESTER HARRIERS
6	375	Marianne Naylor	F35	6	0:30:13	Saffron Striders
7	335	Debbie Appleton	F45	1	0:30:19	HAVERING AC
8	373	Rebecca White	F35	7	0:30:23	Saffron Striders
9	311	Claire Hall	F45	2	0:30:31	Grange Farm & Dunmow Runners
10	277	Wendy King	F45	3	0:30:34	Chelmsford AC
11	353	Louise Juby	F35	8	0:30:37	Orion Harriers
12	374	Fiona Halls	F45	5	0:30:38	Saffron Striders
13	296	Margaret Deasy	F45	6	0:30:52	COLCHESTER HARRIERS
14	284	Denise Morley	F45	7	0:31:03	COLCHESTER HARRIERS
15	280	Helen Taczweski	F35	9	0:31:15	COLCHESTER HARRIERS
16	357	Alison Trautsmannndorff-weinsberg	F45	8	0:32:00	Orion Harriers
17	406	Tony Radley	F45	9	0:32:13	Thurrock Harriers AC
18	384	Tracy English	F35	10	0:32:16	Southend AC
19	356	Hayley Rogerson	F35	11	0:32:26	Orion Harriers
20	413	Danielle Harrington	F35	12	0:32:44	Tiptree Road Runners
21	283	Debbie Cattermole	F45	10	0:32:47	COLCHESTER HARRIERS
22	263	Jacqui Watson	F45	11	0:32:51	Benfleet RC
23	327	Rachael Roughan	F35	13	0:32:52	Halstead Road Runners
24	403	Rebecca Pitman	F55	1	0:33:14	Springfield Striders
25	407	Victoria Peacock	F35	14	0:33:19	Thurrock Harriers AC
26	281	Annette Oakman	F45	12	0:33:40	COLCHESTER HARRIERS
27	279	Samantha Fry	F35	15	0:34:02	Chelmsford AC
28	294	Alexandra Hennessy	F35	16	0:34:05	COLCHESTER HARRIERS
29	299	Kate Gibson	F45	13	0:34:06	COLCHESTER HARRIERS
30	300	Rebecca Gill	F45	14	0:34:08	EAST ESSEX TRI CLUB
31	298	Mellissa Dowell	F45	15	0:34:11	COLCHESTER HARRIERS
32	295	Kate Sandercock	F45	16	0:34:13	COLCHESTER HARRIERS
33	336	Joanne Sullivan	F45	17	0:34:17	HAVERING AC
34	409	Jodie Farrell	F45	18	0:34:27	Thurrock Harriers AC
35	382	Natasha Lagden	F45	19	0:34:29	Southend AC
36	412	Tracy Harrington	F45	20	0:34:36	Tiptree Road Runners
37	387	Emily Smith	F35	17	0:34:38	Springfield Striders
38	344	Breege Nordin	F55	2	0:34:46	Ilford AC
39	314	Eileen Shadford	F45	21	0:35:00	Great Bentley Running Club
40	351	Pippa Dowswell	F45	22	0:35:05	Orion Harriers
41	396	Heather Eastwood	F45	23	0:35:09	Springfield Striders
42	417	Liz Stuckey	F35	18	0:35:12	Witham Running Club
43	312	Gemma Camp	F35	19	0:35:14	Great Bentley Running Club
44	268	Clare Worley	F35	20	0:35:19	BILLERICAY STRIDERS
45	260	Nicola Evans	F35	21	0:35:21	Benfleet RC
46	265	Liane Connors	F35	22	0:35:22	Benfleet RC
47	385	Rebecca Taylor	F45	24	0:35:38	Southend AC
48	352	Christine Inch	F55	3	0:35:43	Orion Harriers
49	405	Kathryn Spring	F35	23	0:36:03	Thurrock Harriers AC
50	303	Maud Hodson	F45	25	0:36:25	East London Runners
51	269	Sarah Lengthorn	F35	24	0:36:31	BILLERICAY STRIDERS
52	376	Lucie Heanley	F35	25	0:36:39	Saffron Striders
53	324	Carolienna Cameron	F45	26	0:36:47	Halstead Road Runners
54	350	Mary Armitage	F55	4	0:37:02	Orion Harriers
55	293	Jenny Richardson	F55	5	0:37:04	COLCHESTER HARRIERS
56	391	Isobel Gowers	F35	26	0:37:06	Springfield Striders
57	401	Donna Hindle	F45	27	0:37:08	Springfield Striders
58	316	Vicky Presland	F35	27	0:37:32	Great Bentley Running Club
59	315	Tricia Stacey	F45	28	0:37:36	Great Bentley Running Club
60	355	Sarah Mills	F35	28	0:37:41	Orion Harriers
61	301	Deborah Hall	F35	29	0:37:50	EAST ESSEX TRI CLUB
62	271	June Freed	F45	29	0:37:59	CASTLE POINT
63	267	Joanne Ling	F45	30	0:38:08	BILLERICAY STRIDERS

64	418	Antia Grainger	F45	31	0:38:09	Witham Running Club
65	399	Hilda O Kelly	F45	32	0:38:12	Springfield Striders
66	394	Karen Kirk	F45	33	0:38:13	Springfield Striders
67	408	Sue Beck	F35	30	0:38:22	Thurrock Harriers AC
68	320	Anthea Colsell	F35	31	0:38:24	Great Bentley Running Club
69	326	Wendy Carter	F45	34	0:38:32	Halstead Road Runners
70	325	Anna Bambridge	F35	32	0:38:46	Halstead Road Runners
71	404	Lynn Tanner	F65	1	0:38:51	Springfield Striders
72	329	Sandi Robinson-miller	F45	35	0:38:52	Halstead Road Runners
73	333	Carrie Hook	F45	36	0:38:59	Harwich Runners
74	266	Nikki Leigh	F45	37	0:39:11	Benfleet RC
75	372	Nicola Rudgley	F45	38	0:39:15	Pitsea RC
76	371	Angela Smith	F35	33	0:39:22	Pitsea RC
77	354	Andrea Macqueen	F55	6	0:39:29	Orion Harriers
78	395	Sharon Bannister	F45	39	0:39:30	Springfield Striders
79	402	Elaine Tribbley	F55	7	0:39:31	Springfield Striders
80	414	Stacy Hember	F45	40	0:40:07	Tiptree Road Runners
81	346	Alison Sale	F45	41	0:40:20	Ilford AC
82	322	Hazel Buist	F35	34	0:40:26	Halstead Road Runners
83	338	Tracy O'Neill	F45	42	0:40:28	HAVING AC
84	270	Kathryn Scourfield	F45	43	0:40:40	BILLERICAY STRIDERS
85	331	Valentina Burley	F45	44	0:40:41	Harwich Runners
86	318	Fiona Goslin	F55	8	0:40:46	Great Bentley Running Club
87	334	Elsbeth Knott	F65	2	0:40:47	Harwich Runners
88	386	Tricia Holmes	F45	45	0:40:58	Southend AC
89	366	Teresa Howe	F55	9	0:41:08	Pitsea RC
90	347	Doris Gaga	F45	46	0:41:26	Ilford AC
91	319	Anna Young	F45	47	0:41:30	Great Bentley Running Club
92	358	Jo Pearce	F45	48	0:41:32	Phoenix Striders
93	321	Caroline Searle	F35	35	0:41:53	Great Bentley Running Club
94	306	Singh, Mala	F45	49	0:42:00	Eton Manor AC
95	323	Treena Carder	F45	50	0:42:01	Halstead Road Runners
96	304	Coles, Fen	F45	51	0:42:06	Eton Manor AC
97	330	Anne Herbert	F55	10	0:42:22	Harwich Runners
98	422	Susan Edwards	F45	52	0:42:40	Woodford Green AC with Essex Ladies
99	370	Caroline Wallis	F45	53	0:42:51	Pitsea RC
100	328	Nicole Smith	F45	54	0:43:10	Halstead Road Runners
101	365	Kristina Read	F35	36	0:43:31	Phoenix Striders
102	368	Valerie Sinclair	F65	3	0:43:41	Pitsea RC
103	341	Julia Galea	F55	11	0:43:53	Ilford AC
104	273	Tina Burton	F35	37	0:43:58	CASTLE POINT
105	342	Frieda Keane	F55	12	0:44:02	Ilford AC
106	367	Marion Breeze	F55	13	0:44:15	Pitsea RC
107	419	Sasha Rush	F35	38	0:44:40	Witham Running Club
108	332	Christina Pretty	F55	14	0:44:42	Harwich Runners
109	369	Gillian Harrison	F55	15	0:44:46	Pitsea RC
110	307	Stichbury, Jane	F45	55	0:46:14	Eton Manor AC
111	302	Teresa Flannagan	F65	4	0:46:20	EAST ESSEX TRI CLUB
112	411	Mandy Graves	F55	16	0:47:02	Tiptree Road Runners
113	309	Watson, Christina	F55	17	0:48:36	Eton Manor AC
114	361	Michell Holman	F45	56	0:49:07	Phoenix Striders
115	272	Gillian Victory	F45	57	0:51:19	CASTLE POINT
116	343	Sheila Sinclair	F45	58	0:52:42	Ilford AC
117	274	Helen Leavold	F55	18	0:54:12	CASTLE POINT
118	362	Adele Moggan	F55	19	0:55:22	Phoenix Striders
119	360	Nicola Burston	F55	20	0:55:27	Phoenix Striders
120	359	Jackie Bushnell	F35	39	0:55:28	Phoenix Striders

Race 6 M50+						
Position	Race No	Name	Age Group	Age Pos	Time	Club
1	464	Allen Smalls	M50	1	0:26:29	COLCHESTER HARRIERS
2	534	Colin Read	M50	2	0:26:39	Orion Harriers
3	449	Craig Dyce	M50	3	0:27:00	Cambridge & Coleridge
4	522	John Knibb	M50	4	0:27:48	Leamington C & AC
5	532	Dean Moy	M50	5	0:27:56	Orion Harriers
6	466	Paul Spowage	M50	6	0:28:01	COLCHESTER HARRIERS
7	511	Matt Bland	M50	7	0:28:09	Havering A.C.
8	578	Andrew Conway	M50	8	0:28:13	Tiptree Road Runners
9	465	Paul Dobson	M50	9	0:28:15	COLCHESTER HARRIERS
10	444	Andy Coleman	M50	10	0:28:17	BILLERICAY STRIDERS
11	535	Neil Swift	M50	11	0:28:20	Orion Harriers
12	586	Leo Cole	M50	12	0:28:25	Witham Running Club
13	560	Paul Broome	M50	13	0:28:29	Springfield Striders
14	458	Mick Bridgeland	M60	1	0:28:30	Chelmsford AC
15	514	Tony Pecoraro	M50	14	0:28:34	Havering A.C.
16	469	Peter West	M50	15	0:28:40	COLCHESTER HARRIERS
17	503	Tim Brand	M50	16	0:28:57	Harwich Runners
18	562	Ian Cardy	M50	17	0:29:00	Springfield Striders
19	462	Peter Tullett	M50	18	0:29:04	Chelmsford AC
20	442	David Butler	M60	2	0:29:06	BILLERICAY STRIDERS
21	471	Richard Flutter	M50	19	0:29:11	COLCHESTER HARRIERS
22	592	David Cox	M60	3	0:29:13	Woodford Green & Essex Ladies
23	509	Steve Walker	M50	20	0:29:24	Havering A.C.
24	510	Gary Atkins	M50	21	0:29:25	Havering A.C.
25	533	Eric Paul	M50	22	0:29:27	Orion Harriers
26	468	Jay Waite	M50	23	0:29:28	COLCHESTER HARRIERS
27	479	Keith Marley	M50	24	0:29:53	COLCHESTER HARRIERS
28	494	Steven Read	M50	25	0:29:58	Grange Farm & Dunmow Runners
29	457	Richard Bonham	M50	26	0:30:01	CASTLE POINT
30	432	Richard Jones	M50	27	0:30:03	Benfleet RC
31	433	Alan Clark	M50	28	0:30:06	Benfleet RC
32	438	Mark Gower	M50	29	0:30:14	BILLERICAY STRIDERS
33	579	Paul Dellar	M50	30	0:30:16	Tiptree Road Runners
34	446	Lloyd Miles	M50	31	0:30:21	BILLERICAY STRIDERS
35	434	Nick Rankin	M50	32	0:30:26	Benfleet RC
36	542	Tony Hyde	M50	33	0:30:30	Pitsea RC
37	573	Eamonn Shelley	M50	34	0:30:30	Thurrock Harriers AC
38	559	Gary Joslin	M50	35	0:30:33	Springfield Striders
39	472	Martyn Clarke	M50	36	0:30:42	COLCHESTER HARRIERS
40	437	Eamon Brown	M60	4	0:30:46	BILLERICAY STRIDERS
41	443	Kevin Jacob	M50	37	0:30:56	BILLERICAY STRIDERS
42	489	Sommerville, Robert	M50	38	0:31:09	Eton Manor AC
43	485	Black, John	M60	5	0:31:09	Eton Manor AC
44	587	Mark Austin	M60	6	0:31:19	Witham Running Club
45	497	Bob Langley	M60	7	0:31:28	Halstead Road Runners
46	591	Simon Scott	M50	39	0:31:30	Witham Running Club
47	436	Doug Stephens	M50	40	0:31:37	Benfleet RC
48	430	David Findlay	M50	41	0:31:39	Basilidon
49	517	Andy Catton	M60	8	0:31:42	Ilford AC
50	470	Andy Raynor	M50	42	0:31:52	COLCHESTER HARRIERS
51	487	Daugirda, David	M50	43	0:31:53	Eton Manor AC
52	473	David Wright	M60	9	0:32:02	COLCHESTER HARRIERS
53	527	John Hood	M50	44	0:32:04	mid essex casuals
54	498	Don English	M60	10	0:32:06	Halstead Road Runners
55	596	Andy Coleman	M50	45	0:32:13	Woodford Green & Essex Ladies
56	491	Alan Fullerton	M50	46	0:32:19	Grange Farm & Dunmow Runners
57	512	Russ Middleton	M50	47	0:32:22	Havering A.C.
58	568	Steve Bugden	M50	48	0:32:23	Springfield Striders
59	557	Robin Mccoy	M50	49	0:32:24	Springfield Striders
60	531	Robert Moore	M50	50	0:32:37	Orion Harriers

61	574	Christopher Applegate	M60	11	0:32:43	Thurrock Harriers AC
62	455	Rick Wade	M50	51	0:32:44	CASTLE POINT
63	452	John Sweeney	M50	52	0:33:01	CASTLE POINT
64	506	Richard Newman	M50	53	0:33:04	Harwich Runners
65	536	Lee Hazelwood	M50	54	0:33:06	Phoenix Striders
66	477	Kevin Macalinden	M50	55	0:33:08	COLCHESTER HARRIERS
67	492	Antony Karas	M50	56	0:33:08	Grange Farm & Dunmow Runners
68	566	Paul Stukas	M50	57	0:33:12	Springfield Striders
69	547	Peter Binns	M70	1	0:33:15	Southend AC
70	561	Julian Catmull	M50	58	0:33:16	Springfield Striders
71	500	Neil Poulter	M50	59	0:33:20	Halstead Road Runners
72	484	Gareth Davies	M50	60	0:33:26	East London Runners
73	570	Tim Brockington	M60	12	0:33:46	Springfield Striders
74	483	Calvin Bobin	M60	13	0:33:47	East London Runners
75	577	Kevin Bunton	M60	14	0:34:24	Tiptree Road Runners
76	555	Alistair Gillan	M50	61	0:34:41	Springfield Striders
77	571	Richard Taylor	M60	15	0:34:43	Springfield Striders
78	598	Steve Herington	M70	2	0:35:24	Woodford Green & Essex Ladies
79	588	Gerry Greenwold	M50	62	0:35:29	Witham Running Club
80	461	Kevin Kirby	M50	63	0:35:31	Chelmsford AC
81	539	Martin Orford	M50	64	0:35:37	Phoenix Striders
82	481	Pat Marsh	M50	65	0:35:41	COLCHESTER HARRIERS
83	529	Simon Haigh	M50	66	0:35:47	Orion Harriers
84	553	Mat Gillard	M50	67	0:35:58	Southend AC
85	554	Clive Higdon	M50	68	0:35:59	Springfield Striders
86	451	Ian Hart	M50	69	0:36:02	CASTLE POINT
87	519	Stephen Parker	M60	16	0:36:07	Ilford AC
88	480	Mick Bond	M60	17	0:36:12	COLCHESTER HARRIERS
89	505	Kim Pretty	M60	18	0:36:48	Harwich Runners
90	538	Colin Wilkinson	M50	70	0:36:51	Phoenix Striders
91	581	James Haskey-jones	M50	71	0:36:55	Tiptree Road Runners
92	584	Edward Skinner	M60	19	0:37:05	Tiptree Road Runners
93	551	Dave Girt	M50	72	0:37:20	Southend AC
94	450	Mike Hayward	M50	73	0:37:26	CASTLE POINT
95	589	David Jobling	M60	20	0:37:51	Witham Running Club
96	507	Ian Bolton	M50	74	0:37:53	Harwich Runners
97	495	Mark Smith	M50	75	0:38:03	Grange Farm & Dunmow Runners
98	454	Nick Gianotti	M50	76	0:38:05	CASTLE POINT
99	545	John Tracey	M50	77	0:38:07	Pitsea RC
100	599	Brian Telford	M50	78	0:38:22	Great Bentley Running Club
101	456	Patrick O Connor	M50	79	0:38:33	CASTLE POINT
102	525	James Goddard	M50	80	0:38:53	mid essex casuals
103	567	Mark Babbage	M50	81	0:39:06	Springfield Striders
104	576	Malcolm Bailey	M60	21	0:39:08	Tiptree Road Runners
105	508	Michael Turner	M50	82	0:39:18	Harwich Runners
106	504	Steve Manley	M50	83	0:39:24	Harwich Runners
107	448	Gerry O'doherty	M60	22	0:39:45	BILLERICAY STRIDERS
108	440	Keith Walker	M70	3	0:40:24	BILLERICAY STRIDERS
109	520	Ernie Forsyth	M60	23	0:41:45	Ilford AC
110	543	James Russell	M60	24	0:41:57	Pitsea RC
111	580	Paul Graves	M60	25	0:42:14	Tiptree Road Runners
112	537	Peter Eates	M60	26	0:42:22	Phoenix Striders
113	502	Roly Knott	M60	27	0:42:47	Harwich Runners
114	488	Nicholls, Geoffrey	M60	28	0:42:54	Eton Manor AC
115	496	Dave Jones	M50	84	0:43:10	Great Bentley Running Club
116	447	Jim Rourke	M50	85	0:43:43	BILLERICAY STRIDERS
117	546	Paul Williams	M60	29	0:44:10	Pitsea RC
118	544	David Davidson	M50	86	0:44:36	Pitsea RC
119	460	Gerald Daniel	M60	30	0:44:37	Chelmsford AC
120	501	Julian Cordwell	M60	31	0:46:04	Harwich Runners
121	439	Ernie Easterby	M70	4	0:54:28	BILLERICAY STRIDERS
122	490	Robert Maggio	M70	5	0:58:41	Eton Manor AC



Race 7 M40+				
Position	Race No	Name	Time	Club
1	610	Crispian Bloomfield	0:25:10	BILLERICAY STRIDERS
2	694	Christian Holmes	0:25:44	Southend AC
3	695	Lee Taylor	0:25:48	Southend AC
4	690	Nick Shasha	0:26:08	Orion Harriers
5	669	Steve Rand	0:26:21	Havering A.C.
6	713	Mark Waine	0:26:26	Springfield Striders
7	678	Malcolm Muir	0:26:31	Ilford AC
8	686	Barnaby Foot	0:26:33	Orion Harriers
9	687	Bob Glasgow	0:26:35	Orion Harriers
10	665	Steve Cooper	0:26:38	Harwich Runners
11	683	Adam Baker	0:26:39	Orion Harriers
12	676	Gary Coombes	0:26:52	Ilford AC
13	668	Gavin Maley	0:26:55	Havering A.C.
14	703	Paul Miles	0:27:15	Springfield Striders
15	707	Stuart Raven	0:27:20	Springfield Striders
16	685	Mark Dillon	0:27:21	Orion Harriers
17	670	Martin Chester	0:27:25	Havering A.C.
18	705	Antony Goodall	0:27:31	Springfield Striders
19	635	Allan Smalls	0:27:34	COLCHESTER HARRIERS
20	634	Lee Caulfield	0:27:35	COLCHESTER HARRIERS
21	621	Richard Heath	0:27:36	COLCHESTER HARRIERS
22	671	Rob Trevor	0:27:36	Havering A.C.
23	606	Paul Ruffy	0:27:36	Benfleet RC
24	715	Scott Rice	0:27:41	Thurrock Harriers AC
25	691	Adrian Smith	0:27:57	Orion Harriers
26	624	Jon Nears	0:27:57	COLCHESTER HARRIERS
27	702	Jonathan Hughes	0:28:03	Springfield Striders
28	605	Andrew Low	0:28:04	Benfleet RC
29	639	Paul Preston	0:28:05	COLCHESTER HARRIERS
30	604	Terence Spooner	0:28:07	Benfleet RC
31	648	Graham Freeman	0:28:12	Grange Farm & Dunmow Runners
32	717	Toby Draper	0:28:12	Thurrock Harriers AC
33	711	Lee Martin	0:28:21	Springfield Striders
34	654	David Wright	0:28:25	Great Bentley Running Club
35	727	Pete Riley	0:28:38	Witham Running Club
36	643	Barker, Richard	0:28:46	Eton Manor AC
37	731	Dan Gritton	0:28:49	East London Runners
38	620	Paul Rodgers	0:28:50	COLCHESTER HARRIERS
39	617	Peter Waite	0:28:52	Chelmsford AC
40	649	Charlie Keitch	0:28:53	Great Bentley Running Club
41	692	Tim Wright	0:29:01	Orion Harriers
42	680	Jon Whitehouse	0:29:04	Loughton Athletic Club
43	627	Craig Mitchell	0:29:07	COLCHESTER HARRIERS
44	689	Scott Reid	0:29:10	Orion Harriers
45	674	Graham Hogan	0:29:11	Havering A.C.
46	647	Aswin Shah	0:29:16	Grange Farm & Dunmow Runners
47	684	Brett Cases	0:29:17	Orion Harriers
48	704	Neil Wildin	0:29:21	Springfield Striders
49	622	Ged Mcmillan	0:29:26	COLCHESTER HARRIERS
50	709	Simon Bowring	0:29:27	Springfield Striders

51	655	Nathan Roulson	0:29:38	Halstead Road Runners
52	712	Adam Hutton	0:29:45	Springfield Striders
53	723	Stuart Mills	0:29:58	Witham Running Club
54	725	Simon Cresswell	0:30:00	Witham Running Club
55	625	Kevin Higgens	0:30:06	COLCHESTER HARRIERS
56	645	Timothy Fergus	0:30:17	Grange Farm & Dunmow Runners
57	656	Tom Porter	0:30:17	Halstead Road Runners
58	675	Daniel Holeyman	0:30:20	Ilford AC
59	652	Paul Connell	0:30:21	Great Bentley Running Club
60	631	Russell Goodridge	0:30:23	COLCHESTER HARRIERS
61	638	James Waterson	0:30:25	COLCHESTER HARRIERS
62	662	Robin Brookes	0:30:32	Harwich Runners
63	701	Matt Randall	0:30:40	Southend AC
64	696	James Champion	0:30:48	Southend AC
65	618	Chris Gibson	0:30:55	Chelmsford AC
66	682	Chris Seymour	0:30:56	mid essex casuals
67	708	Jon Byford	0:30:58	Springfield Striders
68	612	Matt Stenning	0:31:38	BILLERICAY STRIDERS
69	667	Ben Hammond	0:31:46	Harwich Runners
70	603	Ian Pike	0:31:50	Benfleet RC
71	641	Lee Holihan	0:31:53	COLCHESTER HARRIERS
72	718	Steven Ball	0:31:55	Thurrock Harriers AC
73	650	Matt Laverack	0:31:58	Great Bentley Running Club
74	706	David John Weldon	0:32:12	Springfield Striders
75	653	Paul Hollidge	0:32:15	Great Bentley Running Club
76	628	John Hennington	0:32:15	COLCHESTER HARRIERS
77	637	Andy Taczynski	0:32:35	COLCHESTER HARRIERS
78	724	Bill Smythe	0:32:44	Witham Running Club
79	720	Mark Lawes	0:32:51	Tiptree Road Runners
80	722	Tony Wallen	0:32:55	Witham Running Club
81	673	Roy James	0:32:59	Havering A.C.
82	658	Simon Humphrey	0:33:07	Halstead Road Runners
83	646	Neil Hitchcock	0:33:09	Grange Farm & Dunmow Runners
84	666	Scott Brian	0:33:32	Harwich Runners
85	664	Alan Gardner	0:33:37	Harwich Runners
86	661	Allan Bush	0:33:44	Harwich Runners
87	672	Tony Collins	0:34:16	Havering A.C.
88	640	Martin Blackwell	0:34:42	COLCHESTER HARRIERS
89	602	Andrew Turner	0:34:48	Basildon
90	636	Chris Manby	0:34:52	COLCHESTER HARRIERS
91	651	Scott Young	0:35:51	Great Bentley Running Club
92	616	Andy Debnam	0:36:12	CASTLE POINT
93	693	Scott O'loughlin	0:36:15	Phoenix Striders
94	677	Trevor Robinson	0:36:47	Ilford AC
95	659	Sam Wolton	0:37:03	Halstead Road Runners
96	614	Justin Burton	0:37:17	CASTLE POINT
97	601	Justin Harris	0:37:41	Basildon
98	613	Martin Victory	0:38:31	CASTLE POINT
99	660	Darren Powell	0:38:41	Halstead Road Runners
100	615	Mark Collins	0:39:31	CASTLE POINT
101	681	Justin Ruggles	0:40:42	mid essex casuals
102	657	Anthony Denton	0:41:51	Halstead Road Runners

