

Race 4 Senior Men

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
1	623	Adam Hickey	MO	1	0:32:21.87	Southend AC
2	617	Thomas Frith	MO	2	0:32:25.05	Southend AC
3	546	Grant Twist	MO	3	0:32:40.84	Havering AC
4	544	Robert Warner	MO	4	0:33:19.45	Havering AC
5	548	James Connor	MO	5	0:33:24.85	Havering AC
6	712	Tom Beedell	Open	6	0:33:35.77	Woodford Green AC with Essex
7	444	Ramadam Osman	MO	7	0:33:58.01	Colchester Harriers
8	420	Crispian Bloomfield	MO	8	0:34:03.56	Billericay Striders
9	667	Alec Finch	MO	9	0:34:06.55	Thurrock Harriers
10	486	Euan Brown	MO	10	0:34:13.49	East London Runners
11	709	Darren Southcott	Open	11	0:34:21.35	Woodford Green AC with Essex
12	585	George Day	MO	12	0:34:31.28	Orion Harriers
13	710	Angus Holford	Open	13	0:34:35.31	Woodford Green AC with Essex
14	445	Edward Mitchell	MO	14	0:34:44	Colchester Harriers
15	714	Daniel Steel	Open	15	0:34:44.38	Woodford Green AC with Essex
16	619	Rhys Gillard	MO	16	0:34:55.77	Southend AC
17	547	Paul Grange	MO	17	0:35:04.11	Havering AC
18	509	Alex Mckerrell	MO	18	0:35:05.26	Eton Manor AC
19	638	Alex Manton	MO	19	0:35:05.36	Springfield Striders
20	682	Paul Gaimster	Open	20	0:35:05.82	Victoria Park Harriers and Tower
21	695	John Payne	Open	21	0:35:06.35	Victoria Park Harriers and Tower
22	518	James Boshier	MO	22	0:35:09.7	Grange Farm & Dunmow Runne
23	545	Jamie Buckley-stanton	MO	23	0:35:15.76	Havering AC
24	578	Tom Gardner	MO	24	0:35:20.3	Ilford AC
25	634	Lee Taylor	MO	25	0:35:21.33	Southend AC
26	721	Ahmed Abdulle	Open	26	0:35:23.17	Woodford Green AC with Essex
27	624	Christian Holmes	MO	27	0:35:25.34	Southend AC
28	583	Ian Clark	MO	28	0:35:27.36	Orion Harriers
29	708	Joshua Entwistle	Open	29	0:35:31.76	Woodford Green AC with Essex
30	577	Alex Richards	MO	30	0:35:34.12	Ilford AC
31	475	Nathan Filer	MO	31	0:35:35.16	Colchester Harriers
32	435	Kurtis Swan	MO	32	0:35:37.21	Braintree & District AC
33	685	James Cordwell	Open	33	0:35:39.19	Victoria Park Harriers and Tower
34	591	Daniel Moses	MO	34	0:35:44.54	Orion Harriers
35	694	James Whittle	Open	35	0:35:51.38	Victoria Park Harriers and Tower
36	447	Chris Sellens	MO	36	0:35:55.77	Colchester Harriers
37	536	Robert Reason	MO	37	0:35:57.29	Harwich Runners
38	713	Harold Wyber	Open	38	0:36:02.74	Woodford Green AC with Essex
39	587	Nick Harris-fry	MO	39	0:36:08.67	Orion Harriers
40	440	David Fewell	MO	40	0:36:10.32	Chelmsford AC
41	629	Dominic Le Mare	MO	41	0:36:13.52	Southend AC
42	549	Gavin Watts	MO	42	0:36:26.2	Havering AC
43	566	Alfie Waithaka	MO	43	0:36:29.75	Havering AC
44	593	Nick Shasha	MO	44	0:36:31	Orion Harriers
45	530	James Smith	MO	45	0:36:31.87	Halstead Road Runners
46	726	Daniel Mutlow		46	0:36:35.51	Victoria Park Harriers and Tower
47	569	Malcolm Muir	MO	47	0:36:36.57	Ilford AC
48	501	Paul Boddey	MO	48	0:36:44.44	Eton Manor AC
49	594	Jack Stroud	MO	49	0:36:44.79	Orion Harriers
50	507	James Hutchison	MO	50	0:36:45.2	Eton Manor AC
51	517	Daniel Reynolds	MO	51	0:36:47.24	Grange Farm & Dunmow Runne
52	636	Patrick Walsh	MO	52	0:36:58.67	Southend AC
53	409	Lee Baynton	MO	53	0:36:59.38	Benfleet RC
54	519	Lee Pickering	MO	54	0:37:01.11	Grange Farm & Dunmow Runne
55	531	Wesley Atkins	MO	55	0:37:01.39	Halstead Road Runners
56	448	Gavin Scanlon	MO	56	0:37:03.23	Colchester Harriers

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
57	470	Allen Smalls	M50	57	0:37:05.34	Colchester Harriers
58	580	Reece Barclay	MO	58	0:37:18.8	Orion Harriers
59	415	Michael Feltham	MO	59	0:37:20.82	Benfleet RC
60	717	Joe Everitt	Open	60	0:37:24.02	Woodford Green AC with Essex
61	550	John Whitehead	MO	61	0:37:24.69	Havering AC
62	427	Chris O'hara	MO	62	0:37:32.03	Billericay Striders
63	693	Elliot Parker	Open	63	0:37:32.99	Victoria Park Harriers and Tower
64	654	Paul Miles	MO	64	0:37:35.32	Springfield Striders
65	687	James Bewley	Open	65	0:37:38.27	Victoria Park Harriers and Tower
66	416	Kieran Feltham	MO	66	0:37:39.58	Benfleet RC
67	556	Barry Smith	MO	67	0:37:40.89	Havering AC
68	588	Brian Jenkins	MO	68	0:37:43.64	Orion Harriers
69	610	Shane Boxall	MO	69	0:37:44.99	Southend AC
70	581	Thomas Beasley	MO	70	0:37:47.69	Orion Harriers
71	571	Seb Paris	MO	71	0:37:51.47	Ilford AC
72	639	Antony Goodall	MO	72	0:37:54.11	Springfield Striders
73	691	Gareth Evans	Open	73	0:38:06.3	Victoria Park Harriers and Tower
74	589	Neil Mcgoun	MO	74	0:38:12.58	Orion Harriers
75	472	Paul Rodgers	MO	75	0:38:13.46	Colchester Harriers
76	504	Simon Cottle	MO	76	0:38:14.4	Eton Manor AC
77	669	Toby Draper	MO	77	0:38:14.83	Thurrock Harriers
78	675	Robert Doyle	MO	78	0:38:14.88	Thurrock Harriers
79	705	Chris Martin	Open	79	0:38:16.64	Witham Running Club
80	716	Pete Caton	Open	80	0:38:18.04	Woodford Green AC with Essex
81	515	Christopher Tait	MO	81	0:38:19.55	Eton Manor AC
82	683	Andy Waterman	Open	82	0:38:20.62	Victoria Park Harriers and Tower
83	559	Matthew Bland	M50	83	0:38:21.81	Havering AC
84	644	Greg Deacon	MO	84	0:38:25.81	Springfield Striders
85	458	Robbie Smith	MO	85	0:38:31.91	Colchester Harriers
86	552	Martin Chester	MO	86	0:38:43.9	Havering AC
87	526	Adam Smith	MO	87	0:38:44.03	Great Bentley Running Club
88	521	Graham Freeman	MO	88	0:38:48.38	Grange Farm & Dunmow Runne
89	499	Giles Bailey	MO	89	0:38:52.7	Eton Manor AC
90	690	Duncan Steen	Open	90	0:38:57.3	Victoria Park Harriers and Tower
91	564	Tony Pecoraro	M50	91	0:38:59.39	Havering AC
92	655	Philip Smith	MO	92	0:39:04.11	Springfield Striders
93	512	James Pilch	MO	93	0:39:10.37	Eton Manor AC
94	640	David Lindsay	MO	94	0:39:15.39	Springfield Striders
95	568	John Crawley	MO	95	0:39:17.64	Ilford AC
96	523	Richard Mead	MO	96	0:39:29.05	Grange Farm & Dunmow Runne
97	493	Dan Gritton	MO	97	0:39:41.13	East London Runners
98	524	Russ Sharp	MO	98	0:39:41.29	Great Bentley Running Club
99	686	Andrew Hutson	Open	99	0:39:45.57	Victoria Park Harriers and Tower
100	652	Paul Broome	M50	100	0:39:49.13	Springfield Striders
101	660	Tom Sheffle	MO	101	0:39:56.49	Springfield Striders
102	699	Leo Cole	Open	102	0:39:56.96	Witham Running Club
103	491	Spencer Evans	MO	103	0:40:06.34	East London Runners
104	467	Tim Ballard	MO	104	0:40:07.51	Colchester Harriers
105	439	Michael Bridgeland	M60	105	0:40:08.15	Chelmsford AC
106	697	Scott Darney	Open	106	0:40:10.78	Witham Running Club
107	404	Andrew Low	MO	107	0:40:13.86	Benfleet RC
108	597	Ewan Mcfarlane	MO	108	0:40:15.22	Phoenix Striders
109	502	Paul Cates	M50	109	0:40:22.67	Eton Manor AC
110	465	Keith Marley	M50	110	0:40:28.86	Colchester Harriers
111	503	David Cato	MO	111	0:40:30.52	Eton Manor AC
112	651	Paul Anderson	MO	112	0:40:31.79	Springfield Striders
113	410	Graham Booty	MO	113	0:40:33.94	Benfleet RC
114	676	Andy Conway	M50	114	0:40:36.08	Tiptree Road Runners
115	527	Charlie Keitch	MO	115	0:40:39.53	Great Bentley Running Club
116	437	Peter Barrett	MO	116	0:40:42.69	Brentwood Running Club

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117	551	Steve Walker	M50	117	0:40:46.41	Havering AC
118	663	Simon Bowring	MO	118	0:40:48.73	Springfield Striders
119	672	Keith Willett	MO	119	0:40:50.99	Thurrock Harriers
120	454	Kevin Higgens	MO	120	0:40:55.36	Colchester Harriers
121	653	Paul Jeggo	M50	121	0:40:58.28	Springfield Striders
122	495	James Nichols	MO	122	0:41:00.96	East London Runners
123	704	Matt Jordan	Open	123	0:41:05.14	Witham Running Club
124	579	Sam Rahman	MO	124	0:41:09.23	Iford AC
125	627	Oliver Kyriakides	MO	125	0:41:10.38	Southend AC
126	718	Julian Russell	Open	126	0:41:16.38	Woodford Green AC with Essex
127	539	Simon Day	MO	127	0:41:18.72	Harwich Runners
128	403	Alan Clark	M50	128	0:41:20.1	Benfleet RC
129	698	Giles Sowerby	Open	129	0:41:23.1	Witham Running Club
130	650	Neil Wildin	MO	130	0:41:26.01	Springfield Striders
131	576	Daniel Holeyman	MO	131	0:41:27.95	Iford AC
132	413	Ciaran Byrne	MO	132	0:41:34.8	Benfleet RC
133	537	Robin Brookes	MO	133	0:41:37.57	Harwich Runners
134	723	Paul Manson	Open	134	0:41:39.98	Woodford Green AC with Essex
135	522	Declan Evans	MO	135	0:41:40.29	Grange Farm & Dunmow Runne
136	574	Dirmuid Mac Donnell	MO	136	0:41:46.65	Iford AC
137	696	Paul Mee	Open	137	0:41:49.06	Victoria Park Harriers and Tower
138	484	Daniel Jay Senior	MO	138	0:41:53.22	East London Runners
139	468	Nicholas Kricka	MO	139	0:41:53.7	Colchester Harriers
140	411	Nick Rankin	M50	140	0:41:56.12	Benfleet RC
141	582	William Breese	MO	141	0:41:58.02	Orion Harriers
142	406	Ian Pike	MO	142	0:42:01.5	Benfleet RC
143	643	Gary Joslin	M50	143	0:42:03.76	Springfield Striders
144	665	Nicholas Towell	MO	144	0:42:04.61	Springfield Striders
145	513	Robert Sommerville	M50	145	0:42:04.75	Eton Manor AC
146	611	James Champion	MO	146	0:42:05.89	Southend AC
147	632	Matthew Randall	MO	147	0:42:07.22	Southend AC
148	443	Lee Holihan	MO	148	0:42:21.59	Colchester Harriers
149	422	David Sweet	MO	149	0:42:24.99	Billericay Striders
150	505	George Fernandez	MO	150	0:42:36.53	Eton Manor AC
151	670	Eamonn Shelley	M50	151	0:42:40	Thurrock Harriers
152	557	Jason Crispin	MO	152	0:42:41.86	Havering AC
153	684	Kevin Long	Open	153	0:42:44.06	Victoria Park Harriers and Tower
154	441	Peter Tullett	M50	154	0:42:47.08	Chelmsford AC
155	529	Tom Porter	MO	155	0:42:48.71	Halstead Road Runners
156	408	Richard Jones	M50	156	0:42:51.15	Benfleet RC
157	702	Simon Cresswell	Open	157	0:42:56.62	Witham Running Club
158	666	Peter Chubb	M50	158	0:42:59.77	Springfield Striders
159	516	Graham White	MO	159	0:43:00.45	Eton Manor AC
160	464	Simon Ford	MO	160	0:43:04.52	Colchester Harriers
161	599	Andrew Morris	M60	161	0:43:05.12	Phoenix Striders
162	592	Martin Reynolds	MO	162	0:43:10.33	Orion Harriers
163	426	Eamon Brown	MO	163	0:43:24.54	Billericay Striders
164	417	Brian Venton	MO	164	0:43:37.56	Benfleet RC
165	500	John Black	M60	165	0:43:48.35	Eton Manor AC
166	703	Simon Scott	Open	166	0:44:10.67	Witham Running Club
167	525	Andy Hart	MO	167	0:44:14.28	Great Bentley Running Club
168	671	Christopher Applegate	M60	168	0:44:29.47	Thurrock Harriers
169	586	Buddy Green	MO	169	0:44:32.71	Orion Harriers
170	673	Steven Ball	MO	170	0:44:39.34	Thurrock Harriers
171	497	Terry Lewsey	MO	171	0:44:56.5	East London Runners
172	700	Bill Smythe	Open	172	0:44:57.5	Witham Running Club
173	450	Simon Morgan	M50	173	0:45:00.94	Colchester Harriers
174	567	Andy Catton	M60	174	0:45:04.74	Iford AC
175	528	Donald English	M60	175	0:45:07.57	Halstead Road Runners
176	532	Gavin Ripton	MO	176	0:45:10.88	Halstead Road Runners

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
177	615	Richard Farr	MO	177	0:45:11.02	Southend AC
178	658	Steve Bugden	M50	178	0:45:16.76	Springfield Striders
179	414	Doug Stephens	M50	179	0:45:20.54	Benfleet RC
180	562	Roy James	MO	180	0:45:26.5	Havering AC
181	425	Colin White	MO	181	0:45:29.57	Billericay Striders
182	455	Andy Taczynski	MO	182	0:45:41.42	Colchester Harriers
183	595	Lee Hazelwood	M50	183	0:46:02.55	Phoenix Striders
184	659	Tim Brockington	M60	184	0:46:05.49	Springfield Striders
185	520	Luca Predebon	MO	185	0:46:12.17	Grange Farm & Dunmow Runne
186	645	Julian Catmull	M50	186	0:46:16.52	Springfield Striders
187	701	Mark Austin	Open	187	0:46:58.07	Witham Running Club
188	492	Emmet Fitzgibbon	MO	188	0:47:07.85	East London Runners
189	668	Gary Rowlatt	MO	189	0:47:13.46	Thurrock Harriers
190	715	Alistair Holford	Open	190	0:47:15.03	Woodford Green AC with Essex
191	488	Gareth Davies	M50	191	0:47:18.36	East London Runners
192	608	Peter Binns	M70	192	0:47:25.93	Southend AC
193	565	Tony Collins	MO	193	0:47:53.78	Havering AC
194	481	Jamie Austin	MO	194	0:48:01.64	Dagenham 88 Runners
195	438	Kevin Kirby	M50	195	0:48:06.96	Chelmsford AC
196	496	Paul Thompson	M50	196	0:48:18.34	East London Runners
197	407	Stephen Burton	M60	197	0:48:23.79	Benfleet RC
198	473	Martyn Claydon	MO	198	0:48:39.07	Colchester Harriers
199	601	Martin Orford	M50	199	0:48:42.69	Phoenix Striders
200	602	Scott Oloughlin	MO	200	0:48:59.94	Phoenix Striders
201	457	Keiron Callaghan	MO	201	0:49:01.31	Colchester Harriers
202	572	Trevor Robinson	MO	202	0:49:05.58	Ilford AC
203	596	Colin Wilkinson	M50	203	0:49:58.11	Phoenix Striders
204	649	Neil Mapes	MO	204	0:50:42.21	Springfield Striders
205	575	Anthony Young	M50	205	0:51:09.96	Ilford AC
206	680	Iain Rhodes	M50	206	0:51:14.17	Tiptree Road Runners
207	674	Bernard Johnson	M60	207	0:51:30.14	Thurrock Harriers
208	533	Phil Jeffries	MO	208	0:51:40.09	Halstead Road Runners
209	543	Trevor Lewis	MO	209	0:52:42.98	Harwich Runners
210	540	Steve Manley	M50	210	0:53:20.8	Harwich Runners
211	477	Manji Gami	M50	211	0:53:37.98	Dagenham 88 Runners
212	479	Michael Peggall	MO	212	0:54:41.82	Dagenham 88 Runners
213	514	Lance Tabraham	M50	213	0:55:32.26	Eton Manor AC
214	677	Nick Archer	M50	214	0:55:33.24	Tiptree Road Runners
215	706	Anthony Smith	Open	215	0:55:58.98	Witham Running Club
216	480	Ian Cummins	M50	216	0:56:30.61	Dagenham 88 Runners
217	605	James Russell	M60	217	0:56:50.2	Pitsea RC
218	428	Steve Foggo	MO	218	0:57:23.62	Billericay Striders
219	478	Andy Beazeley	MO	219	0:57:38.21	Dagenham 88 Runners
220	679	Paul Graves	M60	220	0:58:27.39	Tiptree Road Runners
221	689	Frank Merrigan	Open	221	0:59:16.58	Victoria Park Harriers and Tower
222	510	Geoffrey Nicholls	M60	222	0:59:17.16	Eton Manor AC
223	598	Peter Eates	M60	223	0:59:22.25	Phoenix Striders
224	538	Roly Knott	M60	224	0:59:38.07	Harwich Runners
225	664	Steve Brame	MO	225	0:59:49.66	Springfield Striders
226	482	Luke Summers	MO	226	1:00:13.58	Dagenham 88 Runners
227	570	Ray Sparra Everingham	M50	227	1:01:58.16	Ilford AC
228	606	Peter Bates	M70	228	1:02:10.45	Pitsea RC
229	489	Arthur Diaz	MO	229	1:02:24.47	East London Runners
230	681	Jeff Fairfull	Open	230	1:05:31.82	Tiptree Road Runners

Race 3 Senior Women

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
1	219	Jessica Judd	FO	1	0:35:55.76	Blackburn Harriers AC
2	293	Lauren Deadman	FO	2	0:37:03.04	Havering AC
3	220	Hannah Irwin	FO	3	0:37:45.38	Braintree & District AC
4	202	Rachael Wiseman	F35	1	0:38:02.42	Basildon
5	205	Emma Houchell	FO	5	0:38:03.17	Basildon
6	204	Charlotte Bishop	FO	6	0:39:34.8	Basildon
7	383	Rachel Sweatt	FO	7	0:39:47.1	Witham Running Club
8	203	Kirsty Fitzgibbon	FO	8	0:39:52.39	Basildon
9	303	Sally Judd	F35	2	0:40:20.49	Herts Phoenix AC
10	347	Nikki Brockbank	F35	3	0:40:26.37	Springfield Striders
11	382	Laura Kaye	FO	11	0:40:45.09	Victoria Park Harriers and Tower
12	296	Vicky Smith	FO	12	0:40:54.38	Havering AC
13	207	Victoria Hiscock	FO	13	0:41:12.55	Benfleet RC
14	268	Naomi Dews	F35	4	0:41:13.6	Eton Manor AC
15	328	Lindsay Colman	F35	5	0:41:20.62	Southend AC
16	227	Aiko Hennington	F35	6	0:41:36.19	Colchester Harriers
17	391	Alicia Mcardell	FO	17	0:41:58.32	Woodford Green AC with Essex
18	300	Morgan Campbell	FO	18	0:42:05.38	Havering AC
19	294	Debbie Appleton	F45	1	0:42:19.01	Havering AC
20	270	Sarah Flanagan	F35	7	0:42:26.87	Eton Manor AC
21	335	Hayley Lamkin	FO	21	0:42:46.92	Southend AC
22	229	Andrea James	FO	22	0:42:50.08	Colchester Harriers
23	376	Jo Hall	FO	23	0:42:51.1	Victoria Park Harriers and Tower
24	248	Jennifer Ansell	FO	24	0:43:17.32	East London Runners
25	297	Robyn Matson	FO	25	0:43:20.68	Havering AC
26	236	Denise Morley	F45	2	0:43:27.42	Colchester Harriers
27	224	Helen Taczynski	F35	8	0:43:31.8	Colchester Harriers
28	234	Margaret Deacy	F45	3	0:43:53.44	Colchester Harriers
29	360	Toni Radley	F45	4	0:43:56.04	Thurrock Harriers AC
30	230	Rebecca Cooke	FO	30	0:44:02.77	Colchester Harriers
31	210	Dominique Hart	F35	9	0:44:03.65	Benfleet RC
32	357	Lucy Golding	FO	32	0:44:16.25	Thurrock Harriers AC
33	336	Sarah Pennington	FO	33	0:44:22.63	Southend AC
34	381	Susan Bint	F35	10	0:44:26.03	Victoria Park Harriers and Tower
35	334	Sarah Imbush	FO	35	0:44:48.16	Southend AC
36	333	Holly Gillard	FO	36	0:45:07.04	Southend AC
37	221	Kathleen Short	F35	11	0:45:27.28	Brentwood Running Club
38	299	Clare Davies	FO	38	0:45:55.04	Havering AC
39	278	Zoe Woodward	F55	1	0:46:09.79	Eton Manor AC
40	349	Rebecca Pitman	F55	2	0:46:10.18	Springfield Striders
41	269	Claire Fisher	FO	41	0:46:11.12	Eton Manor AC
42	337	Annabel Matthews-smith	FO	42	0:46:11.66	Southend AC
43	329	Tracy English	F35	12	0:46:37.89	Southend AC
44	295	Joanne Sullivan	F45	5	0:46:40.59	Havering AC
45	240	Jordi Moat	FO	45	0:46:42.98	Colchester Harriers
46	348	Polly Bridgman	F35	13	0:46:57.05	Springfield Striders
47	287	Rachael Roughan	F35	14	0:47:02.1	Halstead Road Runners
48	206	Louise Douglass	F35	15	0:47:23.1	Basildon
49	275	Jane Rukin-white	FO	49	0:47:27.85	Eton Manor AC
50	368	Tracy Harrington	F45	6	0:47:31.97	Tiptree Road Runners
51	209	Jayne Stacey	FO	51	0:47:39.79	Benfleet RC
52	361	Jodie Farrell	F45	7	0:47:44.11	Thurrock Harriers AC
53	226	Kate Gibson	F45	8	0:47:59.78	Colchester Harriers
54	310	Pippa Dowswell	F45	9	0:48:02.22	Orion Harriers
55	239	Ella Neale	FO	55	0:48:14.16	Colchester Harriers
56	353	Vic Curren	F35	16	0:48:24.49	Springfield Striders

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
57	309	Carlie Qirem	FO	57	0:48:48.9	Iford AC
58	214	Barbara Aldridge	FO	58	0:48:54.02	Billericay Striders
59	250	Sarah Burns	F35	17	0:49:01.42	East London Runners
60	279	Meera Rajoo-oakley	FO	60	0:49:02.64	Great Bentley Running Club
61	274	Kate Malcolm	F45	10	0:49:05.34	Eton Manor AC
62	292	Madeline Lewis	F35	18	0:50:19.33	Harwich Runners
63	211	Kelly Mcclenaghan	F45	11	0:50:36.26	Benfleet RC
64	257	Maud Hodson	F45	12	0:50:38.64	East London Runners
65	338	Amy Parmenter	FO	65	0:50:42.67	Springfield Striders
66	218	Christine Deacon	FO	66	0:50:47.03	Billericay Striders
67	365	Kate Finch	F45	13	0:51:06.89	Tiptree Road Runners
68	345	Isobel Gowers	F35	19	0:51:17.54	Springfield Striders
69	212	Liane Conners	F35	20	0:51:40.24	Benfleet RC
70	253	Fiona Critchley	F45	14	0:51:46.03	East London Runners
71	340	Donna Hindle	F45	15	0:52:05.78	Springfield Striders
72	222	Mary Lloyd	F45	16	0:52:13.94	Brentwood Running Club
73	385	Sandy Karl	FO	73	0:52:27.57	Witham Running Club
74	245	Deborah Hall	F35	21	0:52:38.19	East Essex Tri
75	217	Clare Worley	FO	75	0:52:49.29	Billericay Striders
76	241	Hannah Sheikh	F45	17	0:52:50.71	Dagenham 88 Runners
77	271	Kay Gillett	F35	22	0:52:54.47	Eton Manor AC
78	379	Joyce Berry	F45	18	0:53:04.63	Victoria Park Harriers and Tower
79	307	Anna Crawley	FO	79	0:53:20.95	Iford AC
80	284	Wendy Carter	F45	19	0:53:37.72	Halstead Road Runners
81	363	Lorraine Baker	F45	20	0:53:42.1	Tiptree Road Runners
82	355	Hilda O'kelly	F45	21	0:53:53.19	Springfield Striders
83	223	Julie Wilson	F45	22	0:54:01.59	Brentwood Running Club
84	283	Anna Bambridge	F35	23	0:54:01.62	Halstead Road Runners
85	242	Rahana Islam	F35	24	0:54:10.96	Dagenham 88 Runners
86	265	Kasia Stachowiak	F35	25	0:54:15.57	East London Runners
87	285	Sandi Robinson-miller	F45	23	0:54:18.58	Halstead Road Runners
88	213	Nikki Leigh	F45	24	0:54:24.2	Benfleet RC
89	258	Georgie Hooper	FO	89	0:54:28.62	East London Runners
90	341	Elaine Tribley	F55	3	0:54:31.33	Springfield Striders
91	286	Sarah Frost	FO	91	0:54:42.7	Halstead Road Runners
92	359	Sue Beck	F35	26	0:54:51.35	Thurrock Harriers AC
93	352	Sharon Bannister	F45	25	0:55:02.56	Springfield Striders
94	216	Sarah Lengthorn	FO	94	0:55:14.34	Billericay Striders
95	351	Sara Demetriou	F35	27	0:55:24.28	Springfield Striders
96	369	Stacy Hember	F45	26	0:55:25.6	Tiptree Road Runners
97	343	Emily Penkett	F35	28	0:55:28.53	Springfield Striders
98	260	Joanna Neville	F35	29	0:55:29.03	East London Runners
99	339	Deborah Hitching	F35	30	0:55:29.99	Springfield Striders
100	373	Pat Rhodes	F55	4	0:56:00.37	Tiptree Road Runners
101	259	Catriona Hault	F35	31	0:56:03.95	East London Runners
102	374	Alison Vincent	F45	27	0:56:04.06	Tiptree Road Runners
103	254	Fiona Day	F55	5	0:56:19.93	East London Runners
104	304	Sharon Honey	F55	6	0:56:30.71	Iford AC
105	362	Susan Archer	F45	28	0:56:36.61	Tiptree Road Runners
106	291	Elspeth Knott	F65	1	0:56:37.82	Harwich Runners
107	280	Treena Carder	F45	29	0:56:53.65	Halstead Road Runners
108	261	Patricia O'neill	F45	30	0:56:57.4	East London Runners
109	252	Hayley Collins	F35	32	0:56:58.73	East London Runners
110	308	Alison Sale	F45	31	0:57:18.8	Iford AC
111	264	Filipa Soares	F35	33	0:57:24.46	East London Runners
112	256	Kathryn Hertzberg	FO	112	0:57:40.88	East London Runners
113	263	Alexandra Rutishauser-perera	F35	34	0:57:48.49	East London Runners
114	390	Susan Edwards	F45	32	0:57:50.51	Woodford Green AC with Essex
115	281	Nicole Smith	F45	33	0:58:06.53	Halstead Road Runners
116	397	Annette Johnson	F45	34	0:58:14.52	Benfleet RC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
117	289	Anne Herbert	F55	7	0:58:20.33	Harwich Runners
118	386	Sarah Norton	F45	35	0:58:24.59	Witham Running Club
119	267	Hayley Dalton	F45	36	0:58:44.56	Eton Manor AC
120	319	Kristina Read	F35	35	0:59:14.62	Phoenix Striders
121	321	Angela Smith	F35	36	0:59:43.28	Pitsea RC
122	311	Paula Fairlamb	F35	37	1:00:00.82	Orion Harriers
123	312	Sarah Mills	F35	38	1:00:07.7	Orion Harriers
124	306	Frieda Keane	F55	8	1:00:10.23	Ilford AC
125	305	Julia Galea	F55	9	1:01:05.35	Ilford AC
126	244	Louise Chappell	F45	37	1:01:22.64	Dagenham 88 Runners
127	370	Christine King	F55	10	1:01:27.6	Tiptree Road Runners
128	282	Valerie Kerrison	F55	11	1:01:39.56	Halstead Road Runners
129	290	Christina Pretty	F55	12	1:02:01.52	Harwich Runners
130	372	Larina Marsh	F45	38	1:02:21.57	Tiptree Road Runners
131	276	Mala Singh	F45	39	1:02:25.32	Eton Manor AC
132	356	Sarah Goodwin	F45	40	1:03:09.53	Springfield Striders
133	322	Marion Breeze	F55	13	1:03:12.02	Pitsea RC
134	367	Sharon Hardwicke	F45	41	1:03:34.61	Tiptree Road Runners
135	364	Julia Bawden	F55	14	1:03:46.72	Tiptree Road Runners
136	320	Sharon Wilkinson	F45	42	1:03:49.64	Phoenix Striders
137	262	Diana Rexhepaj	F45	43	1:03:53.58	East London Runners
138	288	Lauren Hutley	FO	138	1:04:08.07	Halstead Road Runners
139	246	Teresa Flannagan	F65	2	1:04:42.23	East Essex Tri
140	243	Lynne Northcott	F35	39	1:06:15.24	Dagenham 88 Runners
141	366	Mandy Graves	F55	15	1:07:30.47	Tiptree Road Runners
142	317	Michelle Holman	F45	44	1:10:52.35	Phoenix Striders
143	375	Sue Long	F45	45	1:15:15.98	Tiptree Road Runners
144	315	Kirsty Noble	FO	144	1:17:00.05	Phoenix Striders
145	314	Jackie Bushnell	F35	40	1:17:04.26	Phoenix Striders
146	313	Nicola Burston	F55	16	1:17:04.45	Phoenix Striders
147	371	Anita Leaver	F65	3	1:17:22.08	Tiptree Road Runners
148	318	Adele Moggan	F55	17	1:18:39.14	Phoenix Striders
149	251	Susan Bushnell	F55	18	1:21:03.93	East London Runners

Essex County Athletic Association
County Cross Country Championships - Sat 5th January 2019
Writtle University, Lordship Road, Writtle, CM1 3RR

Team Results

U17 Men

1	Ilford AC	50
2	Thurrock Harriers	55
3	Basildon AC	59
4	Chelmsford AC	78

U17 Women

1	Basildon AC	22
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U20 Women

1	Southend AC	43
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U20 Men

1	Havering AC	26
2	Thurrock Harriers	55
3	Colchester Harriers AC	81

Senior Women

1	Basildon AC	23
2	Havering AC	51
3	Colchester Harriers AC	91
4	Southend AC	104
5	Eton Manor AC	114
6	Victoria Park Harriers and Tower Hamlets AC	146
7	Springfield Striders	152
8	Colchester Harriers AC 'B'	156
9	Benfleet RC	158
10	Thurrock Harriers AC	205
11	East London Runners	217
12	Springfield Striders 'B'	286
13	Billericay Striders	293
14	Tiptree Road Runners	294
15	Halstead Road Runners	298
16	Eton Manor AC 'B'	305
17	Ilford AC	350
18	East London Runners 'B'	374
19	Springfield Striders 'C'	375
20	Harwich Runners	412
21	Dagenham 88 Runners	425
22	East London Runners 'C'	431
23	Tiptree Road Runners 'B'	433
24	Halstead Road Runners 'B'	440
25	East London Runners 'D'	509
26	Tiptree Road Runners 'C'	536
27	Phoenix Striders	538

Senior Men

1	Havering AC	94
2	Woodford Green AC with Essex Ladies	100
3	Southend AC	112
4	Colchester Harriers AC	201
5	Orion Harriers	206
6	Victoria Park Harriers and Tower Hamlets AC	218
7	Eton Manor AC	362
8	Ilford AC	391
9	Springfield Striders	425
10	Havering AC 'B'	431
11	Grange Farm & Dunmow Runners	446
12	Benfleet RC	526
13	Victoria Park Harriers and Tower Hamlets AC 'B'	546
14	Orion Harriers 'B'	573
15	Thurrock Harriers	602
16	Woodford Green AC with Essex Ladies 'B'	628
17	Colchester Harriers AC 'B'	633
18	East London Runners	641
19	Springfield Striders 'B'	682
20	Witham Running Club	696
21	Southend AC 'B'	716
22	Eton Manor AC 'B'	767
23	Billericay Striders	781
24	Halstead Road Runners	814
25	Benfleet RC 'B'	913
26	Harwich Runners	940
27	Springfield Striders 'C'	993
28	Phoenix Striders	1054
29	Colchester Harriers AC 'C'	1062
30	Ilford AC 'B'	1075
31	Dagenham 88 Runners	1278