

1	Rob Warner	27.05	Havering 90
2	Crispian Bloomfield	27.49	Billericay Striders
3	Liv Ionita	29.06	BRRC
4	Chris Wayman	29.29	Benfleet
5	Terry Spooner	29.32	Benfleet
6	Mark Jones	30.04	TSE
7	Luke Gill	30.2	East Essex Tri
8	Martin Chester	30.31	Havering 90
9	Steve Philcox	30.49	BRRC
10	Stuart Cable	30.56	LOSS
11	Graham Booty	31	Benfleet
12	Andy Coleman	31.02	Billericay Striders
13	Sean Mcfarlane	31.08	LOSS
14	Jerry Bethall	31.15	LOSS
15	Paul Svett	31.18	Dagenham
16	Mike Woodward	31.23	Pitsea
17	Andy Lowe	31.3	Benfleet
18	Bob King	31.45	Rochford
19	Tom Overing	31.47	Rochford
20	David Butler	31.5	Billericay Striders
21	Vincent Mande	31.57	East Essex Tri
22	Mark Blee	32.01	LOSS
23	Simon le Mere	32.06	LOSS
24	James Lowrides	32.14	BRRC
25	Elliot Cone	32.2	LOSS
26	David Cox	32.24	East Essex Tri
27	Peter Barrett	32.25	Brentwood
28	Ben Ralph Davies	32.28	Brentwood
29	Alan Clark	32.33	Benfleet
30	Eaun Harlow	32.39	Brentwood
31	Richard Jone	32.4	Benfleet
32	Richard Bonham	32.41	Castle Point Joggers
33	Pete Tullett	32.48	Billericay Striders
34	Simon Theobold	32.52	TSE
35	Ian Geroge	32.58	East Essex Tri
36	Ian Pike	33.06	Benfleet
37	Phil Nippard	33.15	Rochford
38	James Burns	33.21	LOSS
39	Stuart Saunders	33.25	Brentwood
40	Lloyd Miles	33.26	Billericay Striders
41	Dan Bucklet	33..28	Billericay Striders
42	Ciaran Byrne	33.32	Benfleet
43	Colin Andrews	33.34	Rochford
44	Tom Harding	33.41	Rochford
45	Rick Wade	33.42	Castle Point Joggers

46	Ben Brooks	33.43	East Essex Tri
47	Pete Stalley	33.46	Benfleet
48	Lewis Calcutt	33.53	TSE
49	Nick Rankin	33.55	Benfleet
50	Brian Longman	33.58	TSE
51	Bill Smith	34.02	East Essex Tri
52	Josh Leak	34.05	TSE
53	Darren Summers	34.1	LOSS
54	Matt Letley	34.13	LOSS
55	Adam Poulton	34.15	Castle Point Joggers
56	Michael Greenslade	34.2	East Essex Tri
57	Marc Downham	34.21	LOSS
58	Matt Stenning	34.24	Billericay Striders
59	Peter Salmon	34.26	Dagenham
60	Doug Stephens	33.29	Benfleet
61	Mark Mayes	34.36	East Essex Tri
62	Phil Olsen	34.37	Brentwood
63	Colin Dunn	34.41	Castle Point Joggers
64	Barry Weldon	34.46	Billericay Striders
65	Ray Brookes	34.48	East Essex Tri
66	Anthony Moon	34.51	Castle Point Joggers
67	James Marshall	34.52	Brentwood
68	David Kale	35	BRRC
69	Neal Marlow	35.01	LOSS
70	Diarmuid Macdonnel	35.31	BRRC
71	Wayne Smith	35.34	LOSS
72	Ryan Gillard	35.34	LOSS
73	John Sweeney	35.38	Castle Point Joggers
74	David Harding	35.4	LOSS
75	Christian Gray	36	East Essex Tri
76	Martin Page	36	BRRC
77	Steve Foggo	36.05	Billericay Striders
78	Jonathan Wyatt	36.09	East Essex Tri
79	Mark Lustead	36.1	Pitsea
80	Samuel Hill	36.18	East Essex Tri
81	Kevin Partridge	36.22	TSE
82	Nic Strachan	36.28	LOSS
83	Colin Jones	36.34	BRRC
84	Matthew Aitken	36.36	East Essex Tri
85	Ian Gill	36.38	East Essex Tri
86	Andrew Bonwick	36.4	Brentwood
87	Paul Thornton	36.55	TSE
88	Niki Reid	36.56	LOSS
89	Colin White	36.58	Billericay Striders
90	Arran Salmon	37	LOSS
91	Nic Loman	37.21	LOSS

92	Graham Edwards	37.3	Castle Point Joggers
93	Michael Gould	37.31	Pitsea
94	Michael Dunn	37.21	Rochford
95	Jamie Austin	37.33	Dagenham
96	James Austin	37.35	Castle Point Joggers
97	Sion Parry	37.37	Brentwood
98	James Mcnish Porter	37.38	Brentwood
99	Peter binns	37.41	Castle Point Joggers
100	John Rozee	38	Havering 90
101	Rob West	38	LOSS
102	Jim Price	38.02	Pitsea
103	Darren Hutchinson	38.09	TSE
104	Cliff King	38.11	Castle Point Joggers
105	Michael Haylett	38.14	LOSS
106	Martin Orford	38.25	Pitsea
107	Chris Milne	38.31	East Essex Tri
108	John Geroge	38.35	BRRC
109	Chris Ruffle	38.35	Rochford
110	Ron Vialles	38.44	BRRC
111	Ian Hart	38.53	Castle Point Joggers
112	Chris Farimond	38.55	TSE
113	David Dutton	38.56	Rochford
114	Terry Knightley	39	Billericay Striders
115	Dave Flanagham	39.08	Castle Point Joggers
116	Ricky Lee	39.18	Billericay Striders
117	Andrew Housego	39.25	Havering 90
118	Luke Birkett	39.26	LOSS
119	Tony Collins	39.44	Havering 90
120	Mahbub Khan	39.45	BRRC
121	Joaouil Polo	39.46	Havering 90
122	Tim Ketterer	39.48	LOSS
123	Phil Bailor	39.56	TSE
124	Mike Hayward	40.04	Castle Point Joggers
125	Danny Cracknell	40.07	TSE
126	Richard Harmer	40.14	Brentwood
127	Laurence Harrison	40.23	Billericay Striders
128	Gary Binder	40.27	Havering 90
129	Mark Freeman	40.34	Rochford
130	Chris Huggins	40.41	Pitsea
131	Justin Macal	40.44	Castle Point Joggers
132	Dave Ward	40.51	LOSS
133	Barry Kaye	41.05	Rochford
134	Scott Mangham	41.11	LOSS
135	Gareth Smith	41.15	Castle Point Joggers
136	Frank Schubert	41.19	Havering 90
137	Josh Howard	41.23	Havering 90

138	Mark Collins	41.32	Castle Point Joggers
139	Ian Wilson	41.37	Rochford
140	Barry Cullin	41.56	BRRC
141	Steve Pettit	42.01	LOSS
142	John Tracey	42.11	Pitsea
143	Mark Ringstead	42.37	TSE
144	Keith Limburn	42.41	LOSS
145	Manji Gami	42.44	Dagenham
146	Mick Penall	43.05	Dagenham
147	Ingo Dierkschneider	43.08	Pitsea
148	Gary Walsh	43.12	LOSS
149	Steve Kilcoyne	43.15	Rochford
150	Ian Carmichael	43.2	Billericay Striders
151	Wally James	43.37	LOSS
152	Andy Newman	43.39	Rochford
153	Barry Groom	43.52	Castle Point Joggers
154	Paul Omer	44.02	Pitsea
155	Andy Beazeley	44.09	Dagenham
156	Ron Seddon	44.14	Havering 90
157	Gary Harford	45.25	BRRC
158	Brian Butcher	45.29	Castle Point Joggers
159	Robert Higgon	45.31	Castle Point Joggers
160	Ian Cummins	45.35	Dagenham
161	Andrew Rouyer-Brown	45.55	East Essex Tri
162	Martin Cahalane	46.03	Pitsea
163	Ian Lummins	46.21	Dagenham
164	Kevin Brushett	46.32	Billericay Striders
165	Tom Coughlan	46.38	BRRC
166	Nic Withers	46.41	LOSS
167	Mark Armitage	46.46	LOSS
168	Robin Booputh	47.2	BRRC
169	Mark Rawlinson	47.28	TSE
170	Chris Cammidge	47.39	Castle Point Joggers
171	Chris Thomas	47.44	Havering 90
172	Peter Bates	48	Pitsea
173	Brian Slade	48.02	Havering 90
174	Peter Chaplin	48.42	Pitsea
175	Gary Clifford	48.44	Castle Point Joggers
176	Larry Caudwell	48.57	Dagenham
177	David Walker	49.07	LOSS
178	Rob Courtier	49.34	BRRC
179	Dave Mullender	49.37	Pitsea
180	Chris Anastasi	49.5	BRRC
181	Henry Monaghan	50.28	Havering 90
182	Sergio De Milo	51.02	Castle Point Joggers
183	Keith Monaghan	52.16	Havering 90

184	Les Jay	52.21	BRRC
185	Jason Li	52.55	BRRC
186	Steve Sheekey	53.55	Havering 90
187	Richard Quye	55.29	BRRC
188	Nick Seaby Barbeitos	55.29	Castle Point Joggers
189	Ian Hawthorne	57.21	Pitsea
190	Peter Mclaughlin	57.25	Pitsea
191	Rob Kleider	58.17	East Essex Tri
192	Keith Penfold	58.31	Havering 90
193	Kresh Veraswamy	58.47	BRRC
194	Sam Veraswamy	59.42	Dagenham
195	Dave Godfrey	62.19	Billericay Striders
196	Rhys Hawkins	65.06	Pitsea
197	Ray Shaw	65.33	Havering 90
198	Micky Bull	65.5	BRRC

1	Victoria Hiscock	30.41	Benfleet
2	Katie Murray	31.22	Billericay Striders
3	Sarah Worley	31.52	Billericay Striders
4	Deborah Appleton	32.43	East Essex Tri
5	Ruth Chadney	34.18	Billericay Striders
6	Kat Short	34.22	Brentwood
7	Andrea Hughes	34.33	LOSS
8	Debbie Coyle	35.18	BRRC
9	Catherine Fox	35.36	TSE
10	Sally Baker	35.38	TSE
11	Eleanor Johnson	35.46	LOSS
12	Katie Spicer	35.49	LOSS
13	Lucy Thomson	36.02	Benfleet
14	Hollie Boyd	36.17	LOSS
15	Emily Kampf	37.26	TSE
16	Charlotte Olsen	37.35	Brentwood
17	Abbi May Walters	38.28	Benfleet
18	Nina Barrett	38.42	Brentwood
19	Kelly McClemaghan	39.09	Benfleet
20	Joanne Sullivan	39.1	East Essex Tri
21	Claire Worley	39.11	Billericay Striders
22	Danielle Robarts	39.41	Rochford
23	Sarah Friel	39.5	BRRC
24	Mary Lloyd	40.03	Brentwood
25	Lianne Connors	40.26	Benfleet
26	Nicola Rudgley	40.27	Pitsea
27	Ruth Hayes	40.32	Billericay Striders
28	Rea Evison	40.51	LOSS
29	Zoe Stora	40.54	LOSS
30	Louise Rawlinson	41	TSE
31	Elisha Letley	41.03	LOSS
32	Hannah Sheikh	41.04	Dagenham
33	Fiona Walker	41.16	LOSS
34	Tracey Bradley	41.31	Castle Point Joggers
35	Lian Symmonds	41.33	Rochford
36	Anne Hoeb	41.37	Castle Point Joggers
37	Gayle Alexander	41.38	LOSS
38	Deborah Hall	41.42	East Essex Tri
39	Kerry Williams	41.55	LOSS
40	Rebecca Clay	42.13	Castle Point Joggers
41	Lauren Guichard	42.58	Rochford
42	Tania Magam	43.17	LOSS
43	Ann Gunn	43.21	LOSS
44	Rahana Islam	43.22	Dagenham
45	Mandy Cooper	43.34	Benfleet

46	Danielle Last	43.38	Havering 90
47	Eleanor Carmichael	43.41	LOSS
48	Emma Boulton	38.42	Havering 90
49	Debbie Dunn	43.42	Castle Point Joggers
50	Alison Hall	44.07	LOSS
51	Wendy Read	44.07	TSE
52	Sue Mayes	44.42	East Essex Tri
53	Terri Howe	44.45	Pitsea
54	Bridet Bradley	44.45	Rochford
55	Anne Reed	45.01	Benfleet
56	Annette Johnson	45.02	Benfleet
57	Christina Cooper	45.16	BRRC
58	Jo Hall	45.22	LOSS
59	Vicky Calleja	45.31	Brentwood
60	Susie Warren	45.39	Havering 90
61	Stacey Harmer	45.44	Brentwood
62	Nathalie Traylen	45.46	BRRC
63	Jacqui Knowles	45.46	Rochford
64	Natalia	45.53	TSE
65	Carol Drake	46	LOSS
66	Pip Pippetdy	46.02	Pitsea
67	Lorraine Heal	46.02	Castle Point Joggers
68	Cassie Bryant	46.11	Dagenham
69	Gina Gordon-Harris	46.18	East Essex Tri
70	Carloine Ohaire	46.18	TSE
71	Catherine Patterson	46.5	LOSS
72	Tine Hart	47.13	East Essex Tri
73	Louise Chappell	47.22	Dagenham
74	Caz Wallis	47.32	Pitsea
75	Debra Jean Baptiste	47.49	BRRC
76	Louise Hammond	47.57	Billericay Striders
77	Marie Waite	48.01	LOSS
78	Mel Gilmore	48.18	Havering 90
79	Rosina Salmon	48.18	Dagenham
80	Teresa Phillips	48.44	LOSS
81	Leslie Smart	49.19	Billericay Striders
82	Heather Impey	49.23	Dagenham
83	Gill Harrison	49.32	Pitsea
84	Chloe White	49.33	Billericay Striders
85	Jennie O Hanlon	49.5	Dagenham
86	Teresa Flannigan	49.52	East Essex Tri
87	Emma O Shea	49.55	Dagenham
88	Vicki Groves	50.02	BRRC
89	Kate Cammidge	50.31	Castle Point Joggers
90	Jodie Timbrell	50.35	Brentwood
91	Alison Dunn	50.56	LOSS

92	Timi Verasamy	51.07	Dagenham
93	Paula Malatide	51.14	Brentwood
94	Isabel	51.17	BRRC
95	Janet Head	51.32	Pitsea
96	Sarah Omer	51.34	Pitsea
97	Dawn Blake	51.36	BRRC
98	Veronic Barricour	51.48	BRRC
99	Claire Rainbird	52.42	Castle Point Joggers
100	Nicola Hawkins	53.04	Pitsea
101	Bev Eagles	53.42	Dagenham
102	Victoria Wood	53.56	Havering 90
103	Ellen Mcphillips	54.08	LOSS
104	Kathy Salmon	54.25	LOSS
105	Alison Fryatt	55.18	BRRC
106	Geri Lattimer	55.27	Dagenham
107	Yolanda Levida	55.28	Dagenham
108	Laura Kelly	56.04	Havering 90
109	Lisa Gaskin	56.05	Havering 90
110	Lorraine Moor	56.16	Dagenham
111	Christine Laldnel	58.2	Dagenham
112	Joanne Groom	58.33	Castle Point Joggers
113	Julie Gillender	60.51	BRRC
114	Josie Hughes	61.31	Havering 90
115	Nemso Woolston	63.15	Dagenham
116	Richelle Cockely	64.24	Dagenham
117	Janet Shaw	64.44	Havering 90
118	Jacqui Elliott	65.01	Dagenham
119	Julie Wilson	60.14	Brentwood

Team Scores

Div 1	Club	Score	Points
1	Benfleet	183	6
2	LOSS	189	5
3	Billericay Striders	237	4
4	East Essex Tri	356	3
5	Brentwood	403	2
6	Barking	483	1
Div 2			
1	Tri Sport Epping	335	6
2	Rochford	476	5

3	Castlepoint	493	4
4	Havering 90	698	3
5	Pitsea	745	2
6	Dagenham	832	1
1st Man	Rob Warner	Havering	27.05
1st Lady	Victoria Hislock	Benfleet	30.41