

**SOUTH ESSEX CROSS COUNTRY LEAGUE 2017/18**

**2nd ROUND - HADLEIGH PARK (LoSS)  
31st December 2017 (NYE!)**

**HELD UNDER UK ATHLETICS RULES  
CROSS COUNTRY PERMIT NUMBER UKA/165:17**

**INDIVIDUAL WINNERS**

First Man	Crispan Bloomfield	Billericay Striders	24:41
First Lady	Sinead Clark	Benfleet RC	30:07

**TEAM RESULTS**

**Division One**

Posn	Club	Men	Ladies	Total	Points
1st	Benfleet RC	80	20	100	6
2nd	Leigh-on-Sea Striders	132	47	179	5
3rd	Billericay Striders	159	55	214	4
4th	East Essex Tri	305	71	376	3
5th	Thrift Green Trotters	439	84	523	2
6th	Rochford RC	529	206	735	1

**Division Two**

Posn	Club	Men	Ladies	Total	Points
1st	Tri Sport Epping	396	95	491	6
2nd	Barking RR	361	229	590	5
3rd	Castle Point Joggers	516	158	674	4
4th	Dagenham 88	578	193	771	3
5th	Havering 90	494	388	882	2
6th	Pitsea RC	782	289	1071	1

**STANDINGS after 2 rounds**

**Division One**

Posn	Club	R1 - BRC @ Hadleigh		R2 - LoSS @ Hadleigh		R3 - One Tree Hill	R4 - Weald Park	Total	(Total)
1st	Benfleet RC	6	89	6	100			12	189
2nd	Leigh-on-Sea Striders	5	224	5	179			10	403
3rd	Billericay Striders	4	233	4	214			8	447
4th	East Essex Tri	2	361	3	376			5	737
5th	Thrift Green	3	325	2	523			5	848
6th	Rochford RC	1	1018	1	735			2	1753 ( R )

**Division Two**

Posn	Club	R1 - BRC @ Hadleigh		R2 - LoSS @ Hadleigh		R3 - One Tree Hill	R4 - Weald Park	Total	(Total)
1st	TriSport Epping	5	582	6	491			11	1073 ( P )
2nd	Barking RR	6	543	5	590			11	1133
3rd	Castle Point	4	689	4	674			8	1363
4th	Dagenham 88	2	1000	3	771			5	1771
5th	Havering 90	3	767	2	882			5	1649
6th	Pitsea RC	1	1017	1	1071			2	2088

Chip Posn	Actual Posn	Name	Club	Vet	Time
1	1	Crispan Bloomfield	Billericay Striders	V	24:41
2	2	Gus Withers	Leigh-on-Sea Striders		25:06
3	3	Ryan Prout	Thrift Green Trotters		26:00
4	4	Paul Grange	Dagenham 88		26:20
5	5	James Caldon	Benfleet RC		26:37
6	6	Liv Ionita	Barking Road Runners		26:45
7	7	Lee Baynton	Benfleet RC		27:01
8	8	Kurtis Swan	Billericay Striders		27:14
9	9	Matibini Matibini	Leigh-on-Sea Striders	V	27:25
10	10	Kieran O'Doherty	Billericay Striders		27:28
11	11	Eddy Cooper	Benfleet RC		27:35
12	12	Paul Ruffy	Benfleet RC	V	27:47
13	13	George Watts	Benfleet RC		28:00
14	14	Ben Green	Benfleet RC		28:10
15	15	Barry Smith	Havering 90 J		28:12
16	16	Ben Molloy	Leigh-on-Sea Striders	V	28:19
17	17	Neil Spicer	Leigh-on-Sea Striders	V	28:20
18	18	Andy Low	Benfleet RC	V	28:21
19	19	Graham Booty	Benfleet RC	V	28:25
20	20	Dean Ovel	Leigh-on-Sea Striders	V	28:34
21	21	Chris O'Hara	Billericay Striders		28:36
22	22	John Barker	Thrift Green Trotters	V	28:37
23	23	Terry Spooner	Benfleet RC	V	28:38
24	24	Danny Isaacs	Billericay Striders		28:41
25	25	Philip Ellul	Barking Road Runners		28:43
26	26	Luke Gill	East Essex Tri Club		28:52
27	27	Ralph Mullan	TriSport Epping	V	29:09
28	28	Stuart Watson	Benfleet RC	V	29:14
29	29	Michael Feltham	Benfleet RC		29:18
30	30	James Hiscock	Benfleet RC		29:22
31	31	Stuart Cable	Leigh-on-Sea Striders	V	29:23
32	32	Martin Chester	Havering 90 J	V	29:30
33	33	Daniel Harley	East Essex Tri Club		29:38
34	34	Mike Woodward	Pitsea Running Club		29:41
35	35	Gary Coombes	Dagenham 88	V	29:43
36	36	Ian Toal	Rochford Running Club	V	29:44
37	37	Mark Blee	Leigh-on-Sea Striders	V	29:52
38	38	Pete Goldring	Leigh-on-Sea Striders		29:56
39		Missing Chip		***	
40	39	Alan Clarke	Benfleet RC	V	30:07
41	40	Adam Lysons	Leigh-on-Sea Striders	V	30:24
42	41	Matthew Bird	Benfleet RC		30:26
43	42	Andy Wright	Billericay Striders	V	30:29
44	43	Adam Harley	East Essex Tri Club		30:34
45	44	Richard Moore	Castle Point Joggers	V	30:37
46	45	Ian George	East Essex Tri Club	V	30:56
47	46	James Simmons	TriSport Epping		30:58
48	47	Tim Utting	Rochford Running Club		31:08

49	48	Christian Gray	East Essex Tri Club		31:10
50		Missing Chip		***	
51	49	David Nicel	East Essex Tri Club		31:12
52	50	Tim Tomlins	Benfleet RC	V	31:15
53	51	Richard Jones	Benfleet RC	V	31:17
54	52	Elliot Cone	Leigh-on-Sea Striders	V	31:19
55	53	Mark Gowers	Billericay Striders	V	31:20
56	54	Richard Wilkes	East Essex Tri Club		31:21
57	55	Keith Thornton	Thrift Green Trotters	V	31:26
58	56	Adam Shaw	Rochford Running Club		31:30
59	57	James Lowndes	Barking Road Runners	V	31:31
60	58	Steven Churchyard	Benfleet RC		31:36
61	59	Lloyd Miles	Billericay Striders	V	31:38
62	60	Matt Rivers	Leigh-on-Sea Striders		31:40
63	61	David Cox	East Essex Tri Club	V	31:42
64	62	Simon Theobold	TriSport Epping	V	31:48
65	63	Ian Pike	Benfleet RC	V	31:54
66	64	Dan Elwood	Havering 90 J		31:56
67	65	Jerry Bethell	Leigh-on-Sea Striders	V	31:57
68	66	Danny Moody	TriSport Epping	V	32:00
69	67	Roy Flemming	Billericay Striders	V	32:02
70		Missing Chip		***	
71	68	Richard Bonham	Castle Point Joggers	V	32:03
72	69	Phil Olson	Thrift Green Trotters	V	32:04
73	70	Jack Hodges	Benfleet RC		32:05
74	71	Nick Rankin	Benfleet RC	V	32:10
75	72	Bill Smith	East Essex Tri Club	V	32:14
76	73	Josh Leak	TriSport Epping		32:17
77	74	Martin Dempsey	Leigh-on-Sea Striders	V	32:20
78	75	Phil Vippard	Rochford Running Club		32:38
79	76	Matt Letley	Leigh-on-Sea Striders	V	32:40
80	77	Joanthon Wyatt	East Essex Tri Club	V	32:50
81	78	Bob King	Rochford Running Club		32:52
82	79	Lee Whieldon	Benfleet RC	V	32:54
83	80	Chris Jones	Benfleet RC		32:55
84	81	Martin Palmer	East Essex Tri Club	V	33:08
85	82	Doug Stephens	Benfleet RC	V	33:14
86	83	Paul Prior	Dagenham 88	V	33:17
87	84	Matt Barrett	Leigh-on-Sea Striders		33:22
88	85	David Butler	Billericay Striders	V	32:24
89	86	Terry Allen	Thrift Green Trotters	V	33:28
90	87	Rick Wade	Castle Point Joggers	V	33:29
91	88	Ray Brooks	East Essex Tri Club	V	33:32
92	89	Derv Bartlett	Barking Road Runners	V	33:37
93	90	Peter Kerr	Leigh-on-Sea Striders		33:42
94	91	Kevin Wotton	Barking Road Runners	V	33:43
95	92	James Burns	Leigh-on-Sea Striders	V	33:47
96	93	Paul Withyman	Barking Road Runners	V	33:47
97	94	Simon Rawlings	East Essex Tri Club	V	33:52
98	95	Phil Cooper	Billericay Striders	V	34:02

99	96	Matt Phillips	Billericay Striders	V	34:05
100	97	Murat Baygeldi	Thrift Green Trotters	V	34:11
101	98	Martin Howlett	Castle Point Joggers		34:12
102	99	Roy Harwood	Benfleet RC	V	34:15
103	100	Kieron McGill	Benfleet RC	V	34:22
104	101	Andrew Dennett	East Essex Tri Club		34:24
105	102	Michael Bebbington	Benfleet RC	V	34:30
106	103	Adam Poulton	Castle Point Joggers	V	34:32
107	104	Gary Flint	Havering 90 J	V	34:34
108	105	Daniel Lethby	East Essex Tri Club		34:44
109	106	David McMasters	Leigh-on-Sea Striders	V	34:47
110	107	Danny Ward	Thrift Green Trotters	V	34:51
111	108	Diarmuid Mac Donnell	Barking Road Runners	V	34:59
112	109	Ian Gill	East Essex Tri Club	V	35:05
113	110	Nick Jelly	Billericay Striders	V	35:10
114	111	Stephen Foggo	Billericay Striders	V	35:11
115	112	Phil Priest	Leigh-on-Sea Striders	V	35:20
116	113	Alistair Daw	Billericay Striders	V	35:28
117	114	Mike Turrington	Thrift Green Trotters		35:35
118	115	Martin Page	Barking Road Runners	V	35:45
119	116	John Sweeney	Castle Point Joggers	V	35:51
120	117	Phil Grewock	East Essex Tri Club		36:01
121	118	Gary Matthews	Rochford Running Club	V	36:08
122	119	Tom Overing	Rochford Running Club		36:18
123	120	Jim Price	Pitsea Running Club	V	36:20
124	121	... Salmon	Dagenham 88	V	36:25
125	122	Chris Farrimond	TriSport Epping	V	36:36
126	123	Darren Summers	Leigh-on-Sea Striders	V	36:43
127	124	Arron Salmon	Leigh-on-Sea Striders	V	36:47
128	125	John George	Barking Road Runners	V	36:48
129	126	Mike Hopkins	Castle Point Joggers	V	36:49
130	127	Neal Marlow	Leigh-on-Sea Striders	V	36:51
131	128	Stephen Burton	Benfleet RC	V	37:07
132	129	John Rozee	Havering 90 J	V	37:13
133	130	Grant England	Billericay Striders	V	37:13
134	131	Dan Buckley	Billericay Striders	V	37:42
135	132	Paul Franklin	Castle Point Joggers	V	37:44
136	133	Trevor Cooper	Barking Road Runners	V	37:46
137	134	Barry Key	Benfleet RC	V	37:47
138	135	Lee Andrews	Castle Point Joggers	V	37:53
139	136	Andrew Watson	Benfleet RC	V	37:57
140	137	Rob West	Leigh-on-Sea Striders	V	38:01
141	138	George anderson-Brown	Leigh-on-Sea Striders		38:05
142	139	Laurence Harrison	Billericay Striders	V	38:10
143	140	Martin England	Castle Point Joggers	V	38:14
144	141	Ron Vials	Barking Road Runners	V	38:15
145	142	David Dutton	Rochford Running Club	V	38:16
146	143	Marc Miller	East Essex Tri Club	V	38:29
147	144	Chris Reed	Pitsea Running Club	V	38:33
148	145	Mark Colquhoun	Castle Point Joggers	V	38:48

149	146	Graham Douglas	Benfleet RC	V	38:58
150	147	Ian Hart	Castle Point Joggers	V	38:59
151	148	Phil Baker	TriSport Epping	V	39:02
152	149	Scott Mangham	Leigh-on-Sea Striders		39:05
153	150	Roger Hagan	Havering 90 J	V	39:06
154	151	Gary Rowley	East Essex Tri Club	V	39:10
155	152	Andy Debham	Castle Point Joggers	V	39:14
156	153	John Western	Leigh-on-Sea Striders	V	39:20
157	154	Adam Stow	Pitsea Running Club	V	39:22
158	155	Ross Taylor	Pitsea Running Club		39:24
159	156	Daniel Craknell	TriSport Epping	V	39:34
160	157	James Kane	East Essex Tri Club	V	39:37
161	158	Ben Brooks	East Essex Tri Club		39:48
162	159	Paul Gammon	East Essex Tri Club	V	39:49
163	160	Brian Sorenson	Benfleet RC	V	39:50
164	161	Gary Bright	Castle Point Joggers		39:53
165	162	Daniel Plawiak	Barking Road Runners	V	40:02
166	163	Mo Toki	Dagenham 88		40:07
167	164	Dave Ward	Leigh-on-Sea Striders	V	40:11
168	165	Simon Field	East Essex Tri Club	V	40:15
169	166	Mark Freeman	Rochford Running Club	V	40:20
170	167	Keith Muggleton	East Essex Tri Club	V	40:21
171	168	Steve Pettitt	Leigh-on-Sea Striders	V	40:25
172	169	Andrew McKeown	Leigh-on-Sea Striders		40:46
173	170	Barry Kay	Rochford Running Club	V	40:47
174	171	Andrew Gwilliam	Barking Road Runners	V	41:06
175	172	Tony Woodgate	Dagenham 88	V	41:10
176	173	Paul Omer	Pitsea Running Club	V	41:13
177	174	Dave Morgan	Billericay Striders	V	41:16
178	175	Matt Debenham	Castle Point Joggers	V	41:26
179	176	Ian Bartram	Castle Point Joggers	V	41:29
180	177	Ian Walker	Castle Point Joggers	V	41:34
181	178	Keith Walker	Billericay Striders	V	41:36
182	179	Andy Pinnion	Leigh-on-Sea Striders	V	41:38
183	180	Mike Haywood	Castle Point Joggers	V	41:43
184	181	Bob Prigg	Leigh-on-Sea Striders	V	41:50
185	182	Lee Healey	Havering 90 J	V	42:18
186	183	Kevin Judge	Benfleet RC	V	42:37
187	184	Clive Bailey	Rochford Running Club	V	42:44
188	185	Gary Cardnell	Dagenham 88	V	42:59
189	186	Anil Vaidya	Billericay Striders	V	43:05
190	187	Graham Jones	Billericay Striders	V	43:10
191	188	Neil Moses	Havering 90 J	V	43:19
192	189	Barry Culling	Barking Road Runners		43:21
193	190	Gareth Smith	Castle Point Joggers		43:21
194	191	Gary Walsh	Leigh-on-Sea Striders	V	43:56
195	192	Michael Peggall	Dagenham 88		44:21
196	193	Nils Holman	Dagenham 88	V	44:27
197	194	David Christie	Rochford Running Club	V	44:30
198	195	Steve Wright	Billericay Striders	V	44:35

199	196	Mark Armitage	Leigh-on-Sea Striders	V	44:41
200	197	Nick Rivers	Leigh-on-Sea Striders	V	45:11
201	198	Peter Chaplin	Pitsea Running Club	V	45:17
202	199	Ty McKeown	Castle Point Joggers	V	45:34
203	200	Peter Adeleke	Pitsea Running Club	V	45:39
204	201	Mark Ringsted	TriSport Epping	V	45:51
205	202	David Everrett	Rochford Running Club	V	46:02
206	203	Robert Higgon	Castle Point Joggers	V	46:05
207	204	Brian Slade	Havering 90 J	V	46:27
208	205	Martin Mason	Barking Road Runners	V	46:40
209	206	Ron Seddon	Havering 90 J	V	46:57
210	207	Steve Tate	Leigh-on-Sea Striders	V	47:23
211	208	Dave Groves	Havering 90 J	V	47:25
212	209	Luke Bonham	Castle Point Joggers		48:15
213	210	Trevor Hand	East Essex Tri Club	V	48:18
214	211	Leigh Moring	Dagenham 88	V	48:37
215	212	Chris Cammidge	Castle Point Joggers	V	48:51
216	213	Henry Monaghan	Havering 90 J	V	49:22
217	214	Nick McCullagh	Castle Point Joggers	V	49:26
218	215	Jim Rourke	Billericay Striders	V	49:45
219	216	Andy Chaplin	Pitsea Running Club	V	49:52
220	217	Peter Bates	Pitsea Running Club	V	50:16
221	218	Steve MacDonald	Pitsea Running Club	V	50:46
222	219	Gary Harford	Barking Road Runners	V	51:16
223	220	Graeme Silcock	East Essex Tri Club		51:28
224	221	Steve Sheekey	Havering 90 J	V	52:33
225	222	Andy Hiller	Barking Road Runners	V	52:33
226	223	Ian Cummins	Dagenham 88	V	53:21
227	224	Keith Dorrington	Rochford Running Club	V	53:24
228	225	Kresh Veerasamy	Barking Road Runners	V	53:27
229	226	Antony Maughan	Barking Road Runners	V	54:15
230	227	Tim Shea	Pitsea Running Club	V	55:10
231	228	Rob Courtier	Barking Road Runners	V	56:37
232	229	Dave Godfrey	Billericay Striders	V	59:21
233	230	Ernie Easterby	Billericay Striders	V	60:33
234	231	Sam Veerasamy	Dagenham 88	V	61:38
235	232	James Byers	Barking Road Runners		64:18
236	233	Pete Karaiskos	Leigh-on-Sea Striders ~ Back-runner		65:15

Chip posn	Actual Posn	Name	Club	Vet	Time
1	1	Sinead Clark	Benfleet RC		30:07
2	2	Victoria Hiscock	Benfleet RC		30:26
3	3	Alexa Joel	Billericay Striders		30:42
4	4	Hannah Watson	Benfleet RC		31:33
5	5	Nicola Bredin	Benfleet RC		32:26
6	6	Andrea Hughes	Leigh-on-Sea Striders	V	32:53
7	7	Lorna Almond	Billericay Striders		33:08
8	8	Janice Brown	East Essex Tri Club	V	33:15
9	9	Samantha Pickett	Leigh-on-Sea Striders		33:37
10	10	Deborah Appleton	East Essex Tri Club	V	33:41
11	11	Chris Howard	Billericay Striders	V	33:55
12	12	Sally Baker	TriSport Epping	V	34:05
13	13	Charmaine Sterling	Benfleet RC	V	34:37
14	14	Hayley Pegg	Thrift Green Trotters		34:49
15	15	Katie Spicer	Leigh-on-Sea Striders	V	35:15
16	16	Katherine Short	Thrift Green Trotters	V	35:20
17	17	Charlotte Gregory	Leigh-on-Sea Striders	V	35:39
18	18	Jacqui Watson	Benfleet RC	V	35:47
19		Missing Token			***
20	19	Emily Kampf	TriSport Epping		36:10
21	20	Jessica Bell	TriSport Epping		36:31
22	21	Joanne Sullivan	East Essex Tri Club	V	36:54
23	22	Jayne Stacey	Benfleet RC		37:13
24	23	Joanne Coldy	Rochford Running Club	V	37:35
25	24	Claire Hills	Thrift Green Trotters	V	38:47
26	25	Helen Kidgell	Leigh-on-Sea Striders	V	38:49
27	26	Sarah Pennington	Leigh-on-Sea Striders		38:53
28	27	Anne Hoeb	Castle Point Joggers	V	38:57
29	28	Caroline Tuck	Dagenham 88	V	39:44
30	29	Fiona Walker	Leigh-on-Sea Striders	V	39:46
31	30	Holly Meyers	Thrift Green Trotters		39:57
32	31	Amy Gurnall	Thrift Green Trotters		40:17
33	32	Jenny Harley	East Essex Tri Club	V	40:34
34	33	Danielle Giannotti	Benfleet RC		40:37
35	34	Jo Ling	Billericay Striders	V	40:43
36	35	Kelly McClenaghan	Benfleet RC	V	40:45
37	36	Alison Hall	Leigh-on-Sea Striders	V	41:05
38	37	Amanda Heslegrave	Barking Road Runners	V	41:13
39	38	Annette Johnson	Benfleet RC	V	41:17
40	39	Elisha Letley	Leigh-on-Sea Striders	V	41:21
41	40	Helen O'Hara	Billericay Striders	V	41:23
42	41	Christina Edwards	Castle Point Joggers	V	41:28
43	42	Tracy Bradley	Castle Point Joggers	V	41:32
44	43	Gail Alexander	Leigh-on-Sea Striders	V	41:33
45	44	Wendy Read	TriSport Epping	V	41:48
46	45	Ele Carmichael	Leigh-on-Sea Striders	V	42:26
47	46	Hannah Sheikh	Dagenham 88	V	42:52
48	47	Jo Phelps	East Essex Tri Club	V	43:02

49	48	Rebecca Clay	Castle Point Joggers		43:11
50		Missing Token			***
51	49	Rahana Islam	Dagenham 88	V	43:27
52	50	Carol Drake	Leigh-on-Sea Striders	V	43:36
53	51	Carol Cogdell	Pitsea Running Club	V	43:46
54	52	Catherine Benson	Benfleet RC		44:20
55	53	Jo Mitchen	Benfleet RC	V	44:37
56	54	Sarah De Christofarno	Benfleet RC	V	44:40
57	55	Charlotte Webster	Barking Road Runners		44:42
58	56	Debbie Dunn	Castle Point Joggers	V	44:56
59	57	Kerry Slessor	Leigh-on-Sea Striders	V	45:01
60	58	Kairen Hart	Castle Point Joggers	V	45:02
61	59	Linda Dutton	Rochford Running Club	V	45:06
62	60	Lorraine Heal	Castle Point Joggers	V	45:22
63	61	Danielle Robarts	Rochford Running Club		45:50
64	62	Cristina Cooper	Barking Road Runners	V	45:56
65	63	Jo Harding	Rochford Running Club	V	46:02
66	64	Hannah Stirrup	Rochford Running Club		46:15
67	65	Victoria Hopkins	East Essex Tri Club	V	46:27
68	66	Leila McClay	Leigh-on-Sea Striders	V	46:29
69	67	Tracy Hooper	Rochford Running Club		46:30
70	68	Vicki Callega	Thrift Green Trotters		46:37
71	69	Nikki Panter	Thrift Green Trotters		46:39
72	70	Emma Dudman	Dagenham 88	V	46:45
73	71	Julie Boxer	Billericay Striders	V	46:47
74	72	Gina Gordon	East Essex Tri Club	V	46:56
75	73	Sarah Edwards	Billericay Striders	V	47:03
76	74	Laura Williams	Benfleet RC		47:11
77	75	Natalie Traylen	Barking Road Runners	V	47:15
78	76	Natalie Rich	Leigh-on-Sea Striders		47:19
79	77	Hannah Kane	East Essex Tri Club		47:26
80	78	Gill Harrison	Pitsea Running Club	V	48:36
81	79	Marion Breeze	Pitsea Running Club	V	48:40
82	80	Jacqui Knowles	Rochford Running Club	V	48:44
83	81	Terri Howe	Pitsea Running Club	V	48:47
84	82	Danielle Hughes	Pitsea Running Club	V	48:51
86	83	Tracy Turner	Rochford Running Club		49:00
87	84	Charlotte Owen	Barking Road Runners		49:05
87	85	Carolyn Phillipson	Billericay Striders	V	49:09
88	86	Kate Petit	Havering 90 J	V	49:17
89	87	Katie Holland	Castle Point Joggers		49:20
90	88	Timi Veerasammy	Dagenham 88	V	49:40
91	89	Lynn Rivers	Leigh-on-Sea Striders	V	49:56
92	90	Dawn Blake	Barking Road Runners	V	49:59
93	91	Diane Shellito	East Essex Tri Club	V	50:04
94	92	Debbie Priest	Leigh-on-Sea Striders	V	50:06
95	93	Tina Victory	Castle Point Joggers	V	50:12
96	94	Helen Williams	Pitsea Running Club	V	50:29
97	95	Kathy Scourfield	Billericay Striders	V	50:52
98	96	Christina Kelevan	Havering 90 J	V	50:57



99	97	Ellen McPhillips	Leigh-on-Sea Striders	V	51:02
100	98	Stephanie Keyworth	Barking Road Runners		51:19
101	99	Sarah Omer	Pitsea Running Club	V	51:30
102	100	Rosina Salmon	Dagenham 88	V	51:34
103	101	Laura Kelly	Havering 90 J	V	51:58
104	102	Jan Steed	Castle Point Joggers	V	52:12
105	103	Claire Downham	Leigh-on-Sea Striders	V	52:25
106	104	Veronica Barikor	Barking Road Runners	V	52:55
107	105	Lisa Gaskin	Havering 90 J	V	53:01
108	106	Emma O'Shea	Dagenham 88	V	53:13
109	107	Katherine Wilcox	Rochford Running Club		53:21
110	108	Alison Fryatt	Barking Road Runners	V	53:28
111	109	Beverly Eagles	Dagenham 88	V	53:30
112	110	Cathy Salmon	Leigh-on-Sea Striders	V	53:43
113	111	Debbie Catt	Rochford Running Club		53:46
114	112	Debs Park	Rochford Running Club	V	53:49
115	113	Claire Davies	Leigh-on-Sea Striders	V	53:56
116	114	Sonya Veerasammy	Dagenham 88		54:09
117	115	Laura Avery	Castle Point Joggers		54:24
118	116	Jodie Sharp	Rochford Running Club		54:59
119	117	Lorraine Meer	Dagenham 88	V	55:35
120	118	Stacy Grabowski	Billericay Striders	V	55:42
121	119	Chloe White	Billericay Striders		56:40
122	120	Kerry Riley	Rochford Running Club		58:32
123	121	Laura Dawson	Rochford Running Club		58:42
124	122	Denise Woolstan	Dagenham 88	V	58:57
125	123	Kirsten Hiller	Barking Road Runners	V	60:01
126	124	Melissa Lowndes	Barking Road Runners	V	60:07
127	125	Nikki Cranmer	Barking Road Runners	V	60:08
128	126	Suzanne Green	Havering 90 J	V	60:59
129	127	Carol Moring	Dagenham 88	V	61:06
130	128	Christine Lardner	Dagenham 88	V	61:07
131	129	Debbie Jones	Havering 90 J	V	61:13
132	130	Chloe West	Leigh-on-Sea Striders		61:26
133	131	Sara Prior	Dagenham 88	V	61:29
134	132	Ani Vishea	Dagenham 88		64:24
135	133	Linda Bates	Pitsea Running Club	V	65:15