

Div 1				
Male	EET	Benfleet	LOSS	Billericay
1	5	4	8	1
2	14	7	12	26
3	61	10	18	34
4	59	16	20	35
5	78	36	22	42
6v	27	60	23	19
7v	46	81	37	6
	<b>290</b>	<b>214</b>	<b>140</b>	<b>163</b>
Female				
1	3	15	1	4
2	36	16	2	12
3	51	46	6	38
4v	56	10	7	34
	<b>146</b>	<b>87</b>	<b>16</b>	<b>88</b>
<b>Total Points</b>	<b>436</b>	<b>301</b>	<b>156</b>	<b>251</b>
<b>Club Position</b>	<b>4</b>	<b>3</b>	<b>1</b>	<b>2</b>

Div2				
Male	Tri Sport Ex	Rochford	Brentwood	Barking
1	29	40	57	3
2	30	44	62	38
3	56	50	117	63
4	73	52	124	65
5	95	66	32	83
6v	45	15	48	9
7v	51	58	<b>160</b>	24
	<b>379</b>	<b>325</b>	<b>600</b>	<b>285</b>
Female				
1	14	8	23	41
2	22	25	27	45
3	29	37	30	48
4v	11	69	18	5
	<b>76</b>	<b>139</b>	<b>98</b>	<b>139</b>
<b>Total Points</b>	<b>455</b>	<b>464</b>	<b>698</b>	<b>424</b>
<b>Club Position</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>1</b>

Div 3				
Male	Dagenham	Pitsea	Havering	Castle Point
1	41	33	75	11
2	112	79	90	13
3	126	80	105	17
4	129	82	118	25
5v	138	21	2	31
6v	145	77	28	55
	<b>691</b>	<b>372</b>	<b>418</b>	<b>152</b>
Female				
1	44	13	32	28
2	57	21	42	39
3	61	43	47	58
4v	75	17	40	59
	<b>237</b>	<b>94</b>	<b>161</b>	<b>184</b>
<b>Total Points</b>	<b>928</b>	<b>466</b>	<b>579</b>	<b>336</b>
<b>Club Position</b>	<b>4</b>	<b>2</b>	<b>3</b>	<b>1</b>

not a full team so  
default male score  
160 applied

MEN / Vet	Position	Name	Club	Time
	1	Taite Wallis	Billericay Striders	00:25:31.240
V	2	Rob Warner	Havering 90 Joggers	00:25:59.800
	3	Gabriele Grimaldi	Barking Road Runners	00:27:03.170
	4	Tim Whitcombe	Benfleet Running Club	00:27:28.290
	5	David Osborne	East Essex Tri	00:28:07.670
V	6	David Doel	Billericay Striders	00:28:12.300
	7	James Hiscock	Benfleet Running Club	00:28:15.300
V	8	Dean Ovel	Leigh on sea striders	00:28:18.480
V	9	Streve Philcox	Barking Road Runners	00:28:31.040
	10	Chris wayman	Benfleet Running Club	00:28:48.180
	11	Adam Hemsworth	Castle Point Joggers	00:28:54.700
V	12	Mati Matibini	Leigh on sea striders	00:28:58.900
	13	Jack Hodges	Castle Point Joggers	00:28:59.290
	14	Ben Brooks	East Essex Tri	00:29:06.320
V	15	Ian Toal	Rochford Running Club	00:29:08.020
	16	Ellis Swindell	Benfleet Running Club	00:29:10.740
V	17	Terry Spooner	Castle Point Joggers	00:29:35.770
V	18	Clive Cheese	Leigh on sea striders	00:29:41.980
V	19	Chris O'Hara	Billericay Striders	00:29:47.160
	20	Lukasz Sacharzewski	Leigh on sea striders	00:29:50.580
V	21	Richard Greatbatch	Pitsea Running Club	00:30:02.360
V	22	Stuart Cable	Leigh on sea striders	00:30:21.100
V	23	Adam Lysons	Leigh on sea striders	00:30:26.670
V	24	James Lowndes	Barking Road Runners	00:30:28.460
	25	Kieran Neary	Castle Point Joggers	00:30:31.200
	26	Barry Weldon	Billericay Striders	00:30:34.910
V	27	Ian George	East Essex Tri	00:30:37.090
V	28	Jason Crispin	Havering 90 Joggers	00:30:39.980
	29	Tom Anderson	Tri Sport Essex	00:30:48.310
	30	Anthony Cutler	Tri Sport Essex	00:30:50.600
V	31	Richard Bonham	Castle Point Joggers	00:30:52.890
V	32	Matt Bland	Brentwood Running Club	00:31:06.110
	33	James Ferrant	Pitsea Running Club	00:31:09.290
V	34	Andy Wright	Billericay Striders	00:31:11.740
V	35	Geoff Keily	Billericay Striders	00:31:22.720
	36	Tom Phillips	Benfleet Running Club	00:31:34.540
V	37	Simon Le Mare	Leigh on sea striders	00:31:38.580
V	38	Peter Jackson	Barking Road Runners	00:31:45.600
V	39	Matt Barrett	Leigh on sea striders	00:31:47.390
	40	Tim Utting	Rochford Running Club	00:31:48.300
V	41	Nigel Swinburne	Dagenham 88	00:31:50.400
V	42	Pete Tullett	Billericay Striders	00:31:58.740
V	43	Matt Phillips	Billericay Striders	00:32:01.460
	44	Colin Andrews	Rochford Running Club	00:32:05.710
V	45	Ralph Mullan	Tri Sport Essex	00:32:11.440
V	46	Martin Palmer	East Essex Tri	00:32:18.390
V	47	Terry Knightley	Billericay Striders	00:32:26.770
V	48	Mark Meader	Brentwood Running Club	00:32:29.080
	49	Aaron Gosling	Leigh on sea striders	00:32:32.940
	50	Tom Overing	Rochford Running Club	00:32:33.770
V	51	Briam Longman	Tri Sport Essex	00:32:37.670
	52	Dave Jellett	Rochford Running Club	00:32:40.010
V	53	Bruce Gander	Leigh on sea striders	00:32:57.230
	54	Neil Hubbard	Leigh on sea striders	00:33:11.040
V	55	John Sweeney	Castle Point Joggers	00:33:14.110
	56	Mark Hogdson	Tri Sport Essex	00:33:14.750
V	57	Ian Booker	Brentwood Running Club	00:33:15.100
V	58	Ian Wilson	Rochford Running Club	00:33:15.880
V	59	Tim Tomlin	East Essex Tri	00:33:16.700
V	60	Ian Pike	Benfleet Running Club	00:33:26.480
V	61	David Cox	East Essex Tri	00:33:28.710
V	62	Phil Olson	Brentwood Running Club	00:33:30.980
	63	Jagbir Bassi	Barking Road Runners	00:33:42.500
	64	Tom McGarr	Leigh on sea striders	00:33:42.890
V	65	Paul Wyatt	Barking Road Runners	00:33:46.760
	66	Pete Ellis	Rochford Running Club	00:33:50.130
	67	Phil Nippard	Rochford Running Club	00:33:52.890
V	68	Steve Foggo	Billericay Striders	00:34:11.440
V	69	Toby Dando	Leigh on sea striders	00:34:16.600
V	70	Neal Marlow	Leigh on sea striders	00:34:22.500
	71	David Patten	Leigh on sea striders	00:34:22.980
V	72	Keith Nevelt	Castle Point Joggers	00:34:23.950
	73	Paul Thornton	Tri Sport Essex	00:34:42.490
V	74	Adam Poulton	Castle Point Joggers	00:34:45.010
V	75	Gary Flint	Havering 90 Joggers	00:34:46.870
V	76	Matt Simson	Rochford Running Club	00:34:51.300
V	77	David Beatty	Pitsea Running Club	00:34:54.110
V	78	Mike Grout	East Essex Tri	00:34:55.500
V	79	Martin Orford	Pitsea Running Club	00:34:56.880
V	80	Steve Healey	Pitsea Running Club	00:35:03.420
V	81	Alan Clack	Benfleet Running Club	00:35:09.400
V	82	Paul Agastina	Pitsea Running Club	00:35:09.890
V	83	Colin Jones	Barking Road Runners	00:35:12.120
V	84	Colin Dunn	Castle Point Joggers	00:35:15.200
V	85	Andy Badger	Rochford Running Club	00:35:19.740
	86	Rob Elson	Pitsea Running Club	00:35:25.800
V	87	Antony Leckerman	Leigh on sea striders	00:35:27.670
V	88	Andrew Morris	Billericay Striders	00:35:29.640
V	89	Michael Gould	Pitsea Running Club	00:35:50.680
	90	Aaron Freeman	Havering 90 Joggers	00:36:00.100
V	91	Colin White	Billericay Striders	00:36:11.430
V	92	David Harding	Leigh on sea striders	00:36:13.300
V	93	Todd Harding	Rochford Running Club	00:36:25.890
V	94	George Gager	Pitsea Running Club	00:36:33.280
	95	Josh Leek	Tri Sport Essex	00:36:36.200
V	96	Adrian Davison	Barking Road Runners	00:36:39.680
V	97	Phil Warner	Pitsea Running Club	00:36:41.980
V	98	Tony Agg	Billericay Striders	00:36:54.510

WOMAN / Vet	Position	Name	Club	Time
	1	Stephanie Migliorini	Leigh on sea striders	00:30:54.990
	2	Eleanor Johnson	Leigh on sea striders	00:31:00.010
	3	Charlotte Brooks	East Essex Tri	00:31:17.410
	4	Emily Ballard	Billericay Striders	00:32:05.650
V	5	Debbie Coyle	Barking Road Runners	00:32:31.360
	6	Sarah Griffith	Leigh on sea striders	00:32:45.520
V	7	Andrea Burkett	Leigh on sea striders	00:33:20.990
	8	Danielle Roberts	Rochford Running Club	00:33:29.600
V	9	Katie Spicer	Leigh on sea striders	00:34:03.440
V	10	Tracey Swindell	Benfleet Running Club	00:34:18.580
V	11	Sally Baker	Tri Sport Essex	00:34:48.060
	12	Lorna Almond	Billericay Striders	00:34:57.570
	13	Nicole Blome	Pitsea Running Club	00:35:01.070
	14	Sophie Rose	Tri Sport Essex	00:35:35.370
	15	Neve Gribble	Rochford Running Club	00:35:48.430
	16	Sinead Clark	Benfleet Running Club	00:35:58.960
V	17	Kristina Read	Pitsea Running Club	00:35:59.880
V	18	Nicola Burney Gunn	Brentwood Running Club	00:36:22.160
V	19	Michelle Lane	Leigh on sea striders	00:36:29.290
V	20	Jo Bolter	Leigh on sea striders	00:36:55.360
	21	Tina Remiz	Pitsea Running Club	00:36:55.750
	22	Emily Leek	Tri Sport Essex	00:36:58.490
	23	Rosie Booker	Brentwood Running Club	00:37:00.290
	24	Jemma Lee	Leigh on sea striders	00:37:15.100
	25	Dominika Rudnicka-Noulin	Rochford Running Club	00:37:22.890
V	26	Fiona Walker	Leigh on sea striders	00:37:25.160
	27	Eloise Smith	Brentwood Running Club	00:37:37.640
	28	Christina Edwards	Castle Point Joggers	00:37:43.440
	29	Isobel Gower	Tri Sport Essex	00:37:48.560
	30	Marijke Van Eetvelde	Brentwood Running Club	00:38:16.430
V	31	Tina Reeve	Leigh on sea striders	00:38:20.050
	32	Laura Hardy	Havering 90 Joggers	00:38:48.350
	33	Holly Harris	Leigh on sea striders	00:38:57.260
V	34	Jo Ling	Billericay Striders	00:39:13.760
	35	Charlotte Olson	Brentwood Running Club	00:39:14.260
V	36	Jo Phelps	East Essex Tri	00:39:22.810
	37	Robyn Childs	Rochford Running Club	00:39:27.130
V	38	Jane Yellop	Billericay Striders	00:40:10.370
	39	Rebecca Clay	Castle Point Joggers	00:40:16.090
V	40	Kate Pttit	Havering 90 Joggers	00:40:32.480
V	41	Joyce Golder	Barking Road Runners	00:40:34.710
V	42	Emma Bolton	Havering 90 Joggers	00:40:44.660
	43	Aoife Howell	Pitsea Running Club	00:40:56.050
V	44	Rahana Islam	Dagenham 88	00:41:03.160
	45	Isabel Pinedo-Borobio	Barking Road Runners	00:41:53.620
V	46	Kelly Mcclenaaghan	Benfleet Running Club	00:42:08.460
	47	Tilly White	Havering 90 Joggers	00:42:14.600
V	48	Christina Cooper	Barking Road Runners	00:42:18.980
V	49	Jo Pierce	Pitsea Running Club	00:42:23.070
V	50	Amanda Finch	Leigh on sea striders	00:42:26.070
V	51	Gina Gordon Harris	East Essex Tri	00:42:32.060
V	52	Belinda Riches	Barking Road Runners	00:42:36.320
V	53	Mandy Cooper	Benfleet Running Club	00:42:38.110
V	54	Angela Rowe	Leigh on sea striders	00:42:40.040
V	55	Sarah Decristofano	Benfleet Running Club	00:43:01.640
V	56	Sue Fuller	East Essex Tri	00:43:05.010
V	57	Carole Adams	Dagenham 88	00:43:22.220
V	58	Carol Wraight	Castle Point Joggers	00:43:23.860
V	59	Charis Newitt	Castle Point Joggers	00:43:24.960
V	60	Tina Burton	Castle Point Joggers	00:43:36.410
V	61	Emma Dudman	Dagenham 88	00:43:44.010
V	62	Deborah Hall	East Essex Tri	00:43:56.910
V	63	Caz Wallis	Pitsea Running Club	00:44:07.860
V	64	Julie Pateman	Leigh on sea striders	00:44:26.880
	65	Hafsa Hussein	Havering 90 Joggers	00:45:01.510
V	66	Lesley Smart	Billericay Striders	00:45:10.490
V	67	Sarah Norton	Castle Point Joggers	00:45:13.900
V	68	Lara Harradine	Havering 90 Joggers	00:45:24.350
V	69	Jacqui Knowles	Rochford Running Club	00:45:28.900
V	70	Lisa Garner	Pitsea Running Club	00:45:30.600
V	71	Kathy Scourfield	Billericay Striders	00:45:50.170
	72	Kaya Mith	Dagenham 88	00:45:57.270
	73	Amelia Howe	Leigh on sea striders	00:46:06.480
V	74	Gillian Harrison	Pitsea Running Club	00:47:42.710
V	75	Sonya Byers	Dagenham 88	00:48:10.530
	76	Chloe White	Billericay Striders	00:48:14.830
V	77	Timoi Veerasamy	Dagenham 88	00:48:22.120
V	78	Linda Woodward	Castle Point Joggers	00:48:25.830
V	79	Lynsey Gray	Pitsea Running Club	00:48:26.450
V	80	Beverly Markham	Castle Point Joggers	00:49:49.720
V	81	Lucie Card	Rochford Running Club	00:49:50.130
V	82	Sharon Johnson	Benfleet Running Club	00:50:07.820
V	83	Christina Kelekun	Havering 90 Joggers	00:50:21.560
V	84	Claire Downham	Leigh on sea striders	00:50:44.060
V	85	Ellen McPhillips	Leigh on sea striders	00:50:58.980
V	86	Veronica Bariker	Barking Road Runners	00:51:14.200
V	87	Nicola Maslen	Pitsea Running Club	00:51:18.360
V	88	Laura Kelley	Havering 90 Joggers	00:51:23.820
V	89	Theresa Flannigan	East Essex Tri	00:51:57.640
	90	Jenna Porter	Castle Point Joggers	00:52:36.280
V	91	Lynn Rivers	Leigh on sea striders	00:53:07.940
V	92	Lorraine Moor Hilton	Dagenham 88	00:53:09.450
V	93	Alison Fryatt	Barking Road Runners	00:53:33.590
V	94	Linda Humphries	Castle Point Joggers	00:56:19.300
V	95	Julie Gillender	Barking Road Runners	00:57:49.920
V	96	Shelley Edmeades	Rochford Running Club	01:00:00.840
V	97	Nikki Grammer	Barking Road Runners	01:00:31.540
V	98	Melissa Lowndes	Barking Road Runners	01:00:39.080

	99	Adam Weir	Leigh on sea striders	00:36:58.000	V	99	Jacqui Elliott	Dagenham 88	01:02:47.170
V	100	Kevin Patridge	Tri Sport Essex	00:37:04.400	V	100	Ronnie Waller	Dagenham 88	01:03:07.860
V	101	Trevor Cooper	Barking Road Runners	00:37:05.620	V	101	Michelle Frogley	Castle Point Joggers	01:17:29.390
V	102	Martin Page	Barking Road Runners	00:37:07.510	V	102	Sulie Anstis	Castle Point Joggers	01:17:29.820
V	103	David Ward	Leigh on sea striders	00:37:08.110					
V	104	Lloyd Rowe	Castle Point Joggers	00:37:08.900					
V	105	Andrew Lutterloch	Havering 90 Joggers	00:37:10.740					
V	106	Nick Hill	Leigh on sea striders	00:37:11.960					
V	107	Michael Bebbington	Benfleet Running Club	00:37:12.610					
	108	Adam Edwards	Rochford Running Club	00:37:21.400					
	109	Rory Burr	Barking Road Runners	00:37:35.300					
V	110	John George	Barking Road Runners	00:37:44.020					
V	111	David Blockley	Leigh on sea striders	00:38:03.080					
V	112	Daniel Miller	Dagenham 88	00:38:17.550					
V	113	Mark Freeman	Billericay Striders	00:38:21.480					
V	114	Clive Bailey	Rochford Running Club	00:38:23.700					
V	115	Gary Matthews	Rochford Running Club	00:38:36.230					
V	116	Gary Rowley	Leigh on sea striders	00:38:44.890					
V	117	Jon Wadie	Brentwood Running Club	00:38:58.970					
V	118	Lee Veale	Havering 90 Joggers	00:39:01.670					
V	119	Peter Osbourne	Castle Point Joggers	00:39:03.480					
V	120	Ron Vials	Barking Road Runners	00:39:08.950					
V	121	Dave Flanagan	Castle Point Joggers	00:40:10.140					
V	122	Bruce Mail	Billericay Striders	00:40:15.210					
	123	Luke Bonham	Castle Point Joggers	00:40:18.480					
V	124	James Macnish Porter	Brentwood Running Club	00:40:19.430					
V	125	Frank Schubert	Havering 90 Joggers	00:40:26.230					
V	126	Michael Pegnall	Dagenham 88	00:40:28.320					
V	127	Darren Radford	Havering 90 Joggers	00:40:47.540					
	128	Scott Burgess	Rochford Running Club	00:40:50.010					
V	129	Manji Gami	Dagenham 88	00:41:10.600					
	130	Christian Gray	East Essex Tri	00:41:25.120					
V	131	Graham Smith	Leigh on sea striders	00:41:33.770					
V	132	Ian Walker	Castle Point Joggers	00:41:40.840					
V	133	Jonathon Furlong	Barking Road Runners	00:41:46.230					
V	134	Ian Gill	East Essex Tri	00:42:05.940					
V	135	Adam Stow	Pitsea Running Club	00:42:16.190					
V	136	Ricky Lee	Billericay Striders	00:42:17.740					
V	137	Tony Griffin	Pitsea Running Club	00:42:33.200					
V	138	John Hughes	Dagenham 88	00:42:42.850					
V	139	Justin Burton	Castle Point Joggers	00:43:34.330					
V	140	Jason Li	Barking Road Runners	00:44:08.950					
V	141	Jim Dooley	Leigh on sea striders	00:44:20.930					
V	142	Brian Butcher	Castle Point Joggers	00:44:40.110					
V	143	Paul Hagan	Pitsea Running Club	00:44:46.700					
V	144	Stuart Tidd	Havering 90 Joggers	00:45:10.620					
V	145	Gary Cardnell	Dagenham 88	00:45:12.300					
V	146	Gary Harford	Barking Road Runners	00:46:11.260					
V	147	Martyn Swain	Benfleet Running Club	00:46:14.450					
V	148	Keith Walker	Billericay Striders	00:46:54.960					
V	149	Bernard Savage	Havering 90 Joggers	00:47:05.980					
V	150	John Wilkinson	Pitsea Running Club	00:48:33.920					
V	151	Mick Rose	Barking Road Runners	00:48:39.110					
V	152	Steve Sheekey	Havering 90 Joggers	00:48:54.400					
V	153	Martin Mason	Barking Road Runners	00:49:12.010					
V	154	Marc Downham	Leigh on sea striders	00:50:43.930					
V	155	Les Jay	Barking Road Runners	00:50:46.890					
V	156	Nick McCullagh	Castle Point Joggers	00:51:24.450					
V	157	Robert Courttner	Barking Road Runners	00:53:40.940					
V	158	Micky Ball	Barking Road Runners	01:03:54.580					
V	159	Dave Godfrey	Billericay Striders	01:07:10.730					