

Essex Cross Country League (2)

Gloucester Park, Basildon

28/10/2023

Senior men

Pos	Age Gp	Name	Team	Time
1	V40	James Connor	Havering AC	29: 45
2	SM	Adam Hickey	City of Southend AC	30: 18
3	SM	Peter Coates	Braintree & District AC	30: 29
4	SM	Ben Davis	Havering AC	30: 31
5	U20	Oscar Graham-Pereira	Braintree & District AC	30: 35
6	SM	Lewis Karsten Harknett	Orion Harriers	30: 38
7	SM	Sarab Dhillon	Thurrock Harriers	30: 43
8	SM	Sam Norris	City of Southend AC	30: 45
9	V40	Chris Burgoyne	Springfield Striders	30: 47
10	V40	Robert Warner	Havering AC	30: 49
11	SM	Oliver Randall	City of Southend AC	30: 58
12	SM	Angus David Claxton	Colchester Harriers AC	31: 11
13	SM	Shane Boxall	City of Southend AC	31: 18
14	SM	James Stewart	Havering AC	31: 20
15	SM	Max Stapleton	City of Southend AC	31: 22
16	SM	Kurtis Swan	Braintree & District AC	31: 29
17	SM	James Aaron Morley	Colchester Harriers AC	31: 31
18	V40	Tom Gardner	Ilford AC	31: 40
19	SM	Taylor Newell	Thurrock Harriers	31: 59
20	V50	Roger Maidment	Orion Harriers	32: 02
21	V45	Lee Taylor	City of Southend AC	32: 04
22	SM	George Hill	Basildon AC	32: 06
23	SM	Pat Walsh	City of Southend AC	32: 08
24	SM	Jamie Apal Odoki	Orion Harriers	32: 15
25	SM	Rhys William Gillard	City of Southend AC	32: 21
26	SM	Sam Atkins	Havering AC	32: 29
27	SM	Chander Dhillon	Thurrock Harriers	32: 38
28	SM	Harvey Green	Thurrock Harriers	32: 43
29	SM	Craig Berg	Basildon AC	32: 51
30	SM	Kieran O'Hara	Havering AC	32: 53
31	SM	Cameron Humphries	Colchester Harriers AC	33: 00
32	SM	Conor Ivan Culham	Braintree & District AC	33: 04
33	SM	Shay David Joyce	Orion Harriers	33: 09
34	V40	Michael McTernan	Orion Harriers	33: 12
35	V50	Mark Waller	City of Southend AC	33: 25
36	V45	Matthew Randall	City of Southend AC	33: 30
37	SM	Arron Clark	Grange Farm and Dunmow Runners	33: 34
38	SM	Christopher Sellens	Colchester Harriers AC	33: 37
39	U20	Luke Kevin Randall	City of Southend AC	33: 48

40	V40	Jason Wray	Orion Harriers	33: 54
41	V50	Alistair Brown	Grange Farm and Dunmow Runners	33: 58
42	V45	Matibini Matibini	Leigh on Sea Striders	33: 59
43	V40	David Doel	Billericay Striders	34: 01
44	U20	Ifeoluwa Adebuseye	Thurrock Harriers	34: 04
45	V45	Malcolm John Muir	Ilford AC	34: 09
46	V45	Dean Ovel	Leigh on Sea Striders	34: 19
47	V45	Jim Dodsworth	Leigh on Sea Striders	34: 29
48	V45	Paul Christopher Miles	Springfield Striders	34: 30
49	V40	Martyn Fowler	Grange Farm and Dunmow Runners	34: 32
50	SM	Ronan Homer	Leigh on Sea Striders	34: 36
51	V45	Will Kirk	Havering AC	34: 37
52	V40	Neil McGoun	Orion Harriers	34: 45
53	SM	Dominic Le Mare	City of Southend AC	34: 52
54	V40	James Blogg	Havering AC	34: 55
55	V40	Alfred Waithaka	Havering AC	35: 11
56	SM	Declan Evans	Grange Farm and Dunmow Runners	35: 12
57	SM	Reiss Merritt	Leigh on Sea Striders	35: 13
58	V45	Antony Goodall	Springfield Striders	35: 15
59	V45	Ian Anthony	Havering AC	35: 17
60	U20	Oscar Harry Farley	Billericay Striders	35: 19
61	SM	Reece Barclay	Orion Harriers	35: 21
62	U20	Hugo Owain Jones	City of Southend AC	35: 24
63	SM	Joshua Adler	Ilford AC	35: 31
64	V55	Stephen David Philcox	Ilford AC	35: 32
65	V40	Will Parrott	Chelmsford AC	35: 35
66	V50	Peter Waite	Chelmsford AC	35: 36
67	SM	Tom Sheffle	Springfield Striders	35: 38
68	V40	Paul Quinton	Orion Harriers	35: 39
69	SM	Daniel Reynolds	Grange Farm and Dunmow Runners	35: 41
70	U20	Dylan Harrod	Ilford AC	35: 42
71	SM	Alec Finch	Thurrock Harriers	35: 44
72	V40	Robert Trevor	Havering AC	35: 46
73	V45	Nick Hunter	Chelmsford AC	35: 49
74	V45	Stephen Mark Thompson	Orion Harriers	35: 51
75	V60	Colin Ridley	Colchester Harriers AC	35: 54
76	V50	Lee Martin	Springfield Striders	35: 56
77	SM	Adam Hemsworth	Benfleet Running Club	35: 57
78	V45	Bob Glasgow	Orion Harriers	36: 00
79	SM	Barry Weldon	Billericay Striders	36: 02
80	SM	Louis Berrett	Havering AC	36: 06
81	U20	George Abbott	Loughton AC	36: 09
82	SM	Josh Mulley	Braintree & District AC	36: 12
83	SM	Luke Martin Chester	Havering AC	36: 13
84	U20	Charlie Burgess	Havering AC	36: 15
85	SM	Martin Westley	Harlow Running and Tri Club	36: 17
86	V40	Lee Pickering	Grange Farm and Dunmow Runners	36: 19

87	V55	Allen Smalls	Colchester Harriers AC	36: 23
88	V40	Daniel King	Colchester Harriers AC	36: 38
89	V45	James Wilson	Brentwood Beagles AC	36: 43
90	SM	Richard James Beasley	Leigh on Sea Striders	36: 48
91	SM	Charlie Phillippe	Leigh on Sea Striders	36: 58
92	V45	Alec Schubert	Leigh on Sea Striders	36: 59
93	U20	Joshua Hall	Billericay Striders	37: 01
94	V50	Elliot Worth	Brentwood Beagles AC	37: 02
95	SM	Alexander Benson	Springfield Striders	37: 07
96	V55	Peter West	Colchester Harriers AC	37: 14
97	V40	Richard Williams	Grange Farm and Dunmow Runners	37: 26
98	SM	Ed Lunn	Orion Harriers	37: 29
99	V45	Richard James Greatbatch	Pitsea Running Club	37: 31
100	SM	Ewan McFarlane	Phoenix Striders	37: 33
101	V45	Jimmy Justice	Phoenix Striders	37: 35
102	V50	Darren Lock	Leigh on Sea Striders	37: 38
103	V40	Sam Luton	Leigh on Sea Striders	37: 40
104	SM	Tom Smith-Evans	Grange Farm and Dunmow Runners	37: 44
105	V55	Paul Broome	Springfield Striders	37: 47
106	V60	Michael Valbonesi	Benfleet Running Club	37: 52
107	V45	Colin Baker	Harlow Running and Tri Club	37: 54
108	V40	Geoff Keily	Billericay Striders	38: 02
109	V45	Mark Meader	Brentwood Running Club	38: 08
110	V40	Simon Carrington	South Woodham Runners	38: 10
111	V40	Aaron Raymond Gosling	Leigh on Sea Striders	38: 19
112	V55	Andy Wright	Billericay Striders	38: 21
113	V50	Graham Booty	Benfleet Running Club	38: 23
114	V55	Matthew Stuart Phillips	Billericay Striders	38: 26
115	V40	Benjamin Leeds	Mid Essex Casuals	38: 30
116	V55	Colin Read	Orion Harriers	38: 34
117	V50	Dave Walton	Springfield Striders	38: 40
118	U20	Owen Fisher	Havering AC	38: 51
119	V50	David Beatty	Thurrock Harriers	38: 53
120	SM	Stevan Wing	Leigh on Sea Striders	38: 54
121	V45	Alan Fricker	Loughton AC	38: 57
122	V50	Tim Wright	Orion Harriers	38: 59
123	V50	Terence Spooner	Castle Point Joggers	39: 01
124	V45	Toby Pereira	Braintree & District AC	39: 02
125	V45	Daniel Holeyman	Ilford AC	39: 07
126	V55	Kevin Marshall	Grange Farm and Dunmow Runners	39: 09
127	V55	Matthew Aitken	City of Southend AC	39: 13
128	V40	Perry Cordery	Phoenix Striders	39: 15
129	V60	Nicholas Rankin	Benfleet Running Club	39: 19
130	V50	Scott Rice	Thurrock Harriers	39: 21
131	V60	Neil Crisp	Ilford AC	39: 24
132	V55	Peter Chubb	Springfield Striders	39: 26
133	SM	Gareth Thomas	Springfield Striders	39: 30

134	V60	Antonio Pecoraro	Havering AC	39: 33
135	V40	Olatunde Phillips Akerele	Thurrock Harriers	39: 35
136	V40	Simon Colclough	Colchester Harriers AC	39: 36
137	V50	Keith Willett	Thurrock Harriers	39: 39
138	V40	Dyfan Garmon	Dagenham 88 Runners	39: 46
139	V45	Colin Wishart	Billericay Striders	39: 48
140	V45	Paul Delaney	Benfleet Running Club	39: 49
141	V40	James Doncaster	Brentwood Running Club	39: 50
142	SM	Tom Davis	Leigh on Sea Striders	39: 52
143	V40	Simon Handley	Springfield Striders	39: 58
144	V50	Robin Daines	Loughton AC	40: 00
145	V45	Graham Hogan	Havering AC	40: 08
146	V55	Matthew Bland	Havering AC	40: 11
147	SM	Michael O'Callaghan	Havering AC	40: 13
148	SM	Scott Duncan	Orion Harriers	40: 14
149	V40	David Ferris	Billericay Striders	40: 16
150	V50	Steve Palmer	Loughton AC	40: 20
151	V55	Richard Edward Lewis	City of Southend AC	40: 22
152	V50	Steve Walker	Havering AC	40: 31
153	V55	Stuart Harris	Colchester Harriers AC	40: 32
154	V40	Luca Predebon	Grange Farm and Dunmow Runners	40: 33
155	V45	Steve May	Halstead Road Runners	40: 36
156	V50	Paul Goodhew	Orion Harriers	40: 42
157	V60	Stephen Foggo	Billericay Striders	40: 44
158	SM	James Hazell	Hockley Trail Runners	40: 48
159	V55	Robin McCoy	Springfield Striders	40: 57
160	V45	Graham Pritchard	Havering AC	41: 01
161	V65	Christopher Purse	Springfield Striders	41: 05
162	SM	James Redman	Billericay Striders	41: 09
163	SM	Thomas Abbott	Brentwood Running Club	41: 11
164	V45	Ben Rayner	Grange Farm and Dunmow Runners	41: 12
165	V50	Bradley Brown	Ilford AC	41: 18
166	V60	Stuart Crowther	Brentwood Beagles AC	41: 26
167	V70	David Butler	Billericay Striders	41: 32
168	V45	Roy Donovan	Mid Essex Casuals	41: 36
169	V50	Chris Harvey	Colchester & Tendring AC	41: 38
170	SM	Samuel Robinson	Chelmsford AC	41: 44
171	SM	Stephen Tate	Brentwood Running Club	41: 52
172	V50	Jason Finch	South Woodham Runners	41: 57
173	V50	Ian Rattray	Colchester Harriers AC	41: 59
174	V45	Andy Abrahams	Benfleet Running Club	42: 01
175	V55	Bob Bardell	Tiptree Road Runners	42: 08
176	V50	Dan Green	Orion Harriers	42: 10
177	V40	Craig Morley	Basildon AC	42: 15
178	V45	Nick Hill	Leigh on Sea Striders	42: 20
179	V55	Joseph Ashman	Orion Harriers	42: 21
180	SM	Mark Hayward	South Woodham Runners	42: 25

181	SM	Christopher Round	Pitsea Running Club	42: 34
182	V55	Kevin McAlinden	Colchester Harriers AC	42: 39
183	V50	Mark Lawes	Tiptree Road Runners	42: 45
184	SM	Joe Lambert	South Woodham Runners	42: 57
185	V40	Andrew Coombes	City of Southend AC	43: 03
186	V50	Paul Agastina	Pitsea Running Club	43: 05
187	V60	Paul Berrett	Havering AC	43: 09
188	V40	Christopher Coates	Benfleet Running Club	43: 13
189	SM	Jamie Funnell	Springfield Striders	43: 17
190	U20	Sam Backhouse	South Woodham Runners	43: 18
191	V65	Robert Francis Langley	Halstead Road Runners	43: 21
192	V55	David John Spain	Mid Essex Casuals	43: 28
193	V55	Simon Morgan	Colchester Harriers AC	43: 29
194	SM	Gavin Ripton	Halstead Road Runners	43: 31
195	V60	Andy Clarke	Brentwood Running Club	43: 32
196	V50	Roy James	Havering AC	43: 37
197	V40	Stephen Crane	Ilford AC	43: 43
198	U20	Ben Gamlin	South Woodham Runners	43: 44
199	V45	Tim Martin	Thurrock Harriers	43: 47
200	V55	Mike Stapleton	City of Southend AC	43: 49
201	V50	Adam Stow	Pitsea Running Club	43: 53
202	V50	Ian Rodd	JBR Run and Tri Club	43: 58
203	V55	Mark Wellsted	Colchester Harriers AC	44: 17
204	V65	Michael Bridgeland	Chelmsford AC	44: 18
205	V55	Martin Orford	Pitsea Running Club	44: 20
206	SM	Stace Alex Middleditch	Pitsea Running Club	44: 22
207	V40	Kamil Tyrala	Thurrock Harriers	44: 33
208	V60	Dean McLeod	Springfield Striders	44: 34
209	V40	Alistair Humphrey	Bishop's Stortford Running Club	44: 43
210	V55	Andy Hawes	JBR Run and Tri Club	44: 45
211	V45	Ian Emerson	Orion Harriers	45: 02
212	V55	Bruce Gander	Leigh on Sea Striders	45: 12
213	SM	Christopher Diggins	Benfleet Running Club	45: 27
214	V75	Peter John Binns	City of Southend AC	45: 34
215	V50	Justin Ruggles	Mid Essex Casuals	45: 43
216	V60	David Blockley	Leigh on Sea Striders	45: 47
217	V60	John O'Shea	Thurrock Harriers	45: 50
218	V65	Tim Brockington	Springfield Striders	45: 55
219	V40	Tom Sargeant	Dagenham 88 Runners	46: 01
220	V65	Gary Cardnell	Dagenham 88 Runners	46: 10
221	V45	Chris Brew	Brentwood Running Club	46: 13
222	V55	Paul Tom Backhouse	South Woodham Runners	46: 15
223	V65	Alistair Holford	Woodford Green AC with Essex Ladies	46: 18
224	V50	Steven Ball	Thurrock Harriers	46: 21
225	V60	Peter Tullett	Chelmsford AC	46: 24
226	U20	Lennon McKenzie	Braintree & District AC	46: 29
227	V55	Mathew Gillard	City of Southend AC	46: 31

228	V45	Tarik Qirem	Ilford AC	46: 33
229	V45	Tony Agg	Billericay Striders	46: 35
230	V40	Michael Summers	Phoenix Striders	46: 37
231	SM	Thomas Smalley	Pitsea Running Club	46: 39
232	V60	David James Ward	Leigh on Sea Striders	46: 42
233	SM	Edward Wardroper	Grange Farm and Dunmow Runners	46: 45
234	V50	Lionel Guinea	Mid Essex Casuals	46: 53
235	V65	Christopher Applegate	Thurrock Harriers	46: 57
236	V55	John Pumfrett	Phoenix Striders	47: 07
237	V40	Mark Unwin	Orion Harriers	47: 25
238	V60	Ian Lawson	Grange Farm and Dunmow Runners	47: 47
239	V60	Paul Richard Tawn	Mid Essex Casuals	47: 51
240	V50	Darren John Powell	Halstead Road Runners	47: 58
241	V55	Colin Wilkinson	Phoenix Striders	48: 02
242	V60	David Lane	Phoenix Striders	48: 22
243	V45	Neil Chambers	JBR Run and Tri Club	48: 31
244	V45	Terry Paul Levy	SSAthletics	48: 38
245	V65	Simon King	Grange Farm and Dunmow Runners	48: 50
246	V60	John Clarke	Mid Essex Casuals	48: 53
247	V60	Ray Charlton	Springfield Striders	49: 13
248	V65	Andy Carter	Halstead Road Runners	49: 28
249	V40	Hiren Amin	Pitsea Running Club	49: 34
250	V50	Dave Cassin	Tiptree Road Runners	49: 38
251	V65	Donald Sinclair	Pitsea Running Club	50: 41
252	V55	Anthony Young	Ilford AC	50: 47
253	V50	David Jacobs	JBR Run and Tri Club	50: 48
254	V50	Gary Mead	Harlow Running and Tri Club	50: 52
255	V60	David Kelsey	Grange Farm and Dunmow Runners	50: 55
256	V55	John Hughes	Dagenham 88 Runners	51: 10
257	V40	Daniel Lyons	JBR Run and Tri Club	51: 29
258	V40	Michael Leonard Pegnall	Dagenham 88 Runners	51: 38
259	V55	David Girt	City of Southend AC	14
260	SM	David Leeds	Mid Essex Casuals	25
261	V55	Sean Costello	Ilford AC	36
262	V55	Adrian Mathers	Hockley Trail Runners	47
263	V50	Richard Harmer	Brentwood Running Club	00
264	V40	Michael Groombridge	Pitsea Running Club	03
265	V65	Edward Skinner	Tiptree Road Runners	32
266	V70	Brian Butcher	Mid Essex Casuals	42
267	V45	Jason Manning	Dagenham 88 Runners	45
268	V45	Alasdair Daw	Billericay Striders	48
269	V60	Bruce Mail	Billericay Striders	05
270	V40	Robert West	Leigh on Sea Striders	04
271	V50	David Rayner	Springfield Striders	16
272	V65	Rob Sargent	Ilford AC	19
273	SM	Jamie Austin	Dagenham 88 Runners	36
274	V55	Richard Mark Bennett	Hockley Trail Runners	50

275	V50	Stephen John Parr	Springfield Striders	12
276	V50	Rob Enderby	JBR Run and Tri Club	18
277	V50	Allan Lacey	Dagenham 88 Runners	02
278	V55	Jim Rourke	Billericay Striders	28
279	V65	Jim Jennett	Leigh on Sea Striders	13
280	V75	Keith Walker	Billericay Striders	04
281	V65	Peter Anthony Bulaitis	Orion Harriers	33
282	V45	Kresh V. Veerasamy	Dagenham 88 Runners	58

Teams

Division 1 (6 to score)

1	City of Southend AC	70
2	Havering AC	85
3	Orion Harriers	157
4	Thurrock Harriers	196
5	Colchester Harriers AC	260
6	Braintree & District AC	262
7	Grange Farm and Dunmow Runners	338
8	Springfield Striders	353
9	Ilford AC	385
10	Billericay Striders	495
11	Benfleet Running Club	739
12	Chelmsford AC	803

Division 2 (6 to score)

1	Leigh on Sea Striders	332
2	Brentwood Running Club	1000
3	South Woodham Runners	1034
4	Phoenix Striders	1036
5	Pitsea Running Club	1078
6	Mid Essex Casuals	1163
7	Dagenham 88 Runners	1358
8	JBR Run and Tri Club	1441
9	Halstead Road Runners	1028 (5)
10	Loughton AC	496 (4)
11	Tiptree Road Runners	873 (4)
12	Basildon AC	228 (3)
13	Brentwood Beagles AC	349 (3)
14	Harlow Running and Tri Club	446 (3)
15	Hockley Trail Runners	694 (3)
16	Castle Point Joggers	123 (1)
17	Colchester & Tendring AC	169 (1)
18	Bishop's Stortford Running Club	209 (1)
19	SSAthletics	244 (1)

Veterans (4 to score)

1	Havering AC	116
----------	-------------	-----

2	Orion Harriers	146
3	Springfield Striders	191
4	City of Southend AC	219
5	Leigh on Sea Striders	227
6	Ilford AC	252
7	Grange Farm and Dunmow Runners	273
8	Colchester Harriers AC	346
9	Billericay Striders	377
10	Chelmsford AC	408
11	Benfleet Running Club	488
12	Thurrock Harriers	521
13	Brentwood Running Club	666
14	Mid Essex Casuals	690
15	Pitsea Running Club	691
16	Phoenix Striders	695
17	Dagenham 88 Runners	833
18	Halstead Road Runners	834
19	Tiptree Road Runners	873
20	JBR Run and Tri Club	908
21	Brentwood Beagles AC	349 (3)
22	Loughton AC	415 (3)
23	South Woodham Runners	504 (3)
24	Harlow Running and Tri Club	361 (2)
25	Hockley Trail Runners	536 (2)
26	Castle Point Joggers	123 (1)
27	Braintree & District AC	124 (1)
28	Colchester & Tendring AC	169 (1)
29	Basildon AC	177 (1)
30	Bishop's Stortford Running Club	209 (1)
31	SSAthletics	244 (1)

Essex Cross Country League (2)

Gloucester Park, Basildon

28/10/2023

Senior women

Pos	Age Gp	Name	Team	Time
1	U20	Lizzie Wellsted	Colchester Harriers AC	26: 56
2	V40	Rachel Wiseman	Basildon AC	27: 04
3	SW	Lydia Marie Callan	Colchester Harriers AC	29: 11
4	SW	Lauren Reed	Havering AC	29: 24
5	SW	Roanna Vickers	Colchester Harriers AC	29: 30
6	V40	Rebecca Luxton	Chelmsford AC	29: 44
7	SW	Jackie Stretton	Springfield Striders RC	30: 19
8	SW	Megan Williams	Chelmsford AC	30: 33
9	V45	Zoe Oldfield	Loughton AC	30: 43
10	V40	Sarah Williams	Grange Farm & Dunmow Runners	30: 44
11	SW	Morgan Campbell	Havering AC	30: 47
12	SW	Hannah Bolton	Chelmsford AC	30: 58
13	SW	Stephanie Migliorini	Leigh on Sea Striders	31: 05
14	SW	Hayley Ann Lamkin	Halstead RR	31: 09
15	V40	Kathryn Rachel Spring	Thurrock Harriers	31: 11
16	SW	Sarah Griffith	City of Southend AC	31: 28
17	SW	Eleanor Johnson	Leigh on Sea Striders	31: 50
18	SW	Ginte Bailey	Havering AC	31: 52
19	SW	Robyn Matson	Havering AC	32: 32
20	SW	Nicole Frisby	Springfield Striders RC	32: 42
21	SW	Jordan Mae Hinds	Ilford AC	32: 44
22	SW	Charlotte Horton	Leigh on Sea Striders	32: 45
23	U20	Molly Drane	Chelmsford AC	32: 52
24	SW	Hannah White	Orion Harriers	32: 58
25	V45	Hayley Rogerson	Orion Harriers	33: 09
26	V40	Mary Kate Knapman	Loughton AC	33: 24
27	SW	Rebecca Whatling	Brentwood Running Club	33: 32
28	V45	Danielle Mallows	Tiptree Road Runners	33: 33
29	V55	Margaret Deasy	Colchester Harriers AC	33: 36
30	SW	Anna Poston	Springfield Striders RC	33: 42
31	SW	Emily Ballard	Billericay Striders RC	33: 57
32	SW	Rachel Broome	Chelmsford AC	34: 07
33	SW	Anna Whitfield	Basildon AC	34: 14
34	V50	Clare Hayes	Grange Farm & Dunmow Runners	34: 15
35	V40	Emily Smith	Springfield Striders RC	34: 20
36	V45	Vicky Knight	Tiptree Road Runners	34: 25
37	SW	Clare Louise Davies	Havering AC	34: 30
38	V50	Denise Morley	Colchester Harriers AC	34: 41

39	V40	Katie Whall	Colchester & Tendring AC	34: 45
40	U20	Isobel Calabritto	Basildon AC	34: 46
41	V40	Andrea Louise Burkett	Leigh on Sea Striders	34: 49
42	V45	Hannah McIlvenna	Grange Farm & Dunmow Runners	34: 56
43	V40	Katie Jane Spicer	Leigh on Sea Striders	34: 59
44	SW	Charlotte Barnard	Springfield Striders RC	35: 07
45	SW	Hollie Boyd	Leigh on Sea Striders	35: 11
46	SW	Kirsty Osborn	Thurrock Harriers	35: 15
47	V40	Kate Walsh	JBR Run and Tri	35: 22
48	V65	Christine Kennedy	Orion Harriers	35: 24
49	V50	Nikkii Barnett	Orion Harriers	35: 36
50	V45	Laura Madeleine Durn	Brentwood Beagles AC	35: 50
51	V40	Rachael Roughan	Halstead RR	36: 07
52	V40	Jennie Pennington	JBR Run and Tri	36: 11
53	V50	Joanne Bolter	Leigh on Sea Striders	36: 15
54	V45	Abi Rayner	Grange Farm & Dunmow Runners	36: 19
55	V55	Jill Eley	Mid Essex Casuals	36: 20
56	SW	Carlie Qirem	Ilford AC	36: 28
57	SW	Sarah-Jane Appleton	Phoenix Striders	36: 33
58	V45	Ulrike Weiss	Grange Farm & Dunmow Runners	36: 34
59	SW	Orla Sandlin	Grange Farm & Dunmow Runners	36: 48
60	V45	Brooke Mensah	Thurrock Harriers	36: 51
61	V45	Rahana Islam	Dagenham 88 Runners	36: 53
62	V40	Ellie Cumner	Colchester Harriers AC	37: 12
63	V45	Kasia Kostyrka-Allchorne	City of Southend AC	37: 13
64	V55	Lorna Gaffney	Loughton AC	37: 15
65	SW	Anna Crawley	Ilford AC	37: 19
66	V50	Rebecca Taylor	City of Southend AC	37: 47
67	V55	Karen Lyons	Orion Harriers	37: 50
68	SW	Emily Predebon	Grange Farm & Dunmow Runners	37: 52
69	V45	Lucilla Ashton	Orion Harriers	37: 55
70	V40	Simone Hilliard	Tiptree Road Runners	37: 57
71	SW	Tina Golubeva	Pitsea Running Club	38: 11
72	SW	Emma Jeffery	Benfleet Running Club	38: 31
73	SW	Lucy Fisher	JBR Run and Tri	38: 42
74	V55	Alison Sale	Ilford AC	38: 55
75	V45	Michelle Lane	Leigh on Sea Striders	39: 00
76	SW	Rebecca Jane O'Rourke	Havering AC	39: 02
77	V40	Kristina Read	Phoenix Striders	39: 06
78	V45	Isobel Gowers	Springfield Striders RC	39: 11
79	V45	Emily Pereira	Braintree & District AC	39: 16
80	V40	Catherine Sunderland	Billericay Striders RC	39: 20
81	V45	Chrissy Anne Murray	JBR Run and Tri	39: 22
82	SW	Natasha Jade Pinboroug	JBR Run and Tri	39: 23
83	V50	Fiona Walker	Leigh on Sea Striders	39: 46
84	V40	Anoushka Springett	Halstead RR	39: 47
85	V60	Christine Janet Deacon	Billericay Striders RC	39: 49

86	V40	Malgorzata Baluka	Thurrock Harriers	39: 51
87	V50	Kate Sandercock	Colchester Harriers AC	39: 53
88	SW	Chloe Wilson	Colchester & Tendring AC	40: 09
89	SW	Gracie Wade	Pitsea Running Club	40: 10
90	V55	Vanessa Mathers	City of Southend AC	40: 41
91	V45	Clare Rudgley	Havering AC	40: 49
92	SW	Ella Wager	Harlow Running and Tri Club	40: 57
93	V40	Jacqui Sutton	City of Southend AC	40: 58
94	V55	Jane Yellop	Pitsea Running Club	41: 06
95	V40	Emma Healy	Halstead RR	41: 17
96	V60	Christine Inch	Orion Harriers	41: 19
97	V40	Emma Milton	JBR Run and Tri	41: 35
98	V55	Surjit Grewal	Brentwood Running Club	41: 43
99	V45	Emma Luck	Harlow Running and Tri Club	41: 59
100	V55	Lisa Butler	Benfleet Running Club	42: 11
101	V50	Tedge King	Brentwood Running Club	42: 18
102	V55	Wendy Carter	Halstead RR	42: 21
103	V40	Helen Wilson	Colchester Harriers AC	42: 26
104	V45	Liane Connors	Benfleet Running Club	42: 53
105	V55	Pauline Tester	Ilford AC	42: 58
106	V45	Michelle Ayrton	Loughton AC	43: 11
107	V55	Lorna Pettifer	Mid Essex Casuals	43: 18
108	V55	Jo Pearce	Phoenix Striders	43: 20
109	V45	Sarah Mills	Orion Harriers	43: 35
110	V50	Joanne Marie Ling	Billericay Striders RC	43: 37
111	V60	Mandy Cooper	Benfleet Running Club	43: 39
112	V65	Jacquie King	Colchester Harriers AC	43: 43
113	SW	Sam Lee	JBR Run and Tri	43: 45
114	V40	Emma Louise Marston	Castle Point Joggers	43: 47
115	V55	Lisa Joanne Rodbourn	Halstead RR	43: 56
116	V40	Melanie Carrington	South Woodham Runners	44: 10
117	V50	Ruth Roberts	Phoenix Striders	44: 13
118	V40	Isla Louise Sinclair	Benfleet Running Club	44: 45
119	V60	Faye Scott	Thurrock Harriers	44: 55
120	V45	Lynsey Hawkins	Braintree & District AC	45: 16
121	V40	Kerry Marsh	Tiptree Road Runners	45: 20
122	V55	Dawn Henning-Reeman	Billericay Striders RC	45: 22
123	V45	Deborah Head	South Woodham Runners	45: 28
124	V50	Jacqui Prasser	South Woodham Runners	45: 44
125	V45	Nichola Meader	Brentwood Running Club	45: 44
126	V50	Sarah de Cristofano	Benfleet Running Club	45: 53
127	V55	Mary Lloyd	Brentwood Running Club	45: 59
128	V60	Jacky Green	JBR Run and Tri	46: 13
129	SW	Maddie Smart	Benfleet Running Club	46: 22
130	V40	Joanne Louise Payton	South Woodham Runners	46: 25
131	V40	Louise Copas	South Woodham Runners	46: 26
132	V50	Jill Langton	South Woodham Runners	46: 36

133	V60	Debra Pumfrett	Phoenix Striders	46: 42
134	V55	Annette Johnson	Benfleet Running Club	47: 06
135	U20	Amy Kirwin	Basildon AC	47: 14
136	V55	Caroline Wallis	Pitsea Running Club	47: 29
137	V60	Dianne Crisp	Ilford AC	48: 08
138	V45	Hazel Fay	Phoenix Striders	48: 31
139	V55	Sally Kinsley	South Woodham Runners	48: 34
140	V65	Linda Donnelly	City of Southend AC	49: 01
141	SW	Amy Rebecca Bongard	Pitsea Running Club	49: 04
142	V65	Gloria Bullen	Thurrock Harriers	49: 55
143	V70	Selon Timi Veerasamy	Dagenham 88 Runners	50: 12
144	V65	Gillian Harrison	Pitsea Running Club	50: 40
145	V45	Susanna Stidston	Benfleet Running Club	50: 51
146	V50	Jane Louise Chaplin	JBR Run and Tri	51: 16
147	V50	Mandy Brady	JBR Run and Tri	51: 17
148	V70	Teresa Jane Flannigan	East Essex Triathlon Club	51: 28
149	V60	Frieda Keane	Ilford AC	51: 43
150	V50	Jane Swanson-Sprent	Dagenham 88 Runners	52: 07
151	SW	Sarah Goodman	Braintree & District AC	52: 56
152	V60	Nicola Burstun	Phoenix Striders	53: 26
153	V55	Lorraine Borley	Phoenix Striders	54: 15
154	V55	Denise Woolston	Dagenham 88 Runners	54: 24
155	SW	Kelly Jade Adams	Benfleet Running Club	56: 00
156	V50	Pascalía Pamba	Dagenham 88 Runners	59: 11
157	V50	Kerry Enderby	JBR Run and Tri	62: 02
158	V55	Jacqui Elliott	Dagenham 88 Runners	63: 03

Teams

Division 1 (4 to score)

1	Colchester Harriers AC	38
2	Chelmsford AC	49
3	Havering AC	52
4	Grange Farm & Dunmow Runners	140
5	Orion Harriers	146
6	Loughton AC	205
7	Thurrock Harriers	207
8	Ilford AC	216
9	City of Southend AC	235
10	JBR Run and Tri	253
11	Billericay Striders RC	306
12	Phoenix Striders	359

Division 2 (4 to score)

1	Springfield Striders RC	92
2	Leigh on Sea Striders	93
3	Basildon AC	210
4	Halstead RR	244

5	Tiptree Road Runners	255
6	Brentwood Running Club	351
7	Benfleet Running Club	387
8	Pitsea Running Club	390
9	South Woodham Runners	493
10	Dagenham 88 Runners	508
11	Braintree & District AC	350 (3)
12	Colchester & Tendring AC	127 (2)
13	Mid Essex Casuals	162 (2)
14	Harlow Running and Tri Club	191 (2)
15	Brentwood Beagles AC	50 (1)
16	Castle Point Joggers	114 (1)
17	East Essex Triathlon Club	148 (1)

Veterans (3 to score)

1	Grange Farm & Dunmow Runners	86
2	Loughton AC	99
3	Orion Harriers	122
4	Colchester Harriers AC	129
5	Tiptree Road Runners	134
6	Leigh on Sea Striders	137
7	Thurrock Harriers	161
8	JBR Run and Tri	180
9	City of Southend AC	219
10	Halstead RR	230
11	Billericay Striders RC	275
12	Phoenix Striders	302
13	Benfleet Running Club	315
14	Ilford AC	316
15	Brentwood Running Club	324
16	Dagenham 88 Runners	354
17	South Woodham Runners	363
18	Pitsea Running Club	374
19	Springfield Striders RC	113 (2)
20	Mid Essex Casuals	162 (2)
21	Braintree & District AC	199 (2)
22	Basildon AC	2 (1)
23	Colchester & Tendring AC	39 (1)
24	Havering AC	91 (1)
25	Harlow Running and Tri Club	99 (1)
26	Castle Point Joggers	114 (1)
27	East Essex Triathlon Club	148 (1)

Essex Cross Country League (2)

Gloucester Park, Basildon

28/10/2023

U13 Boys

Pos	Name	Team	Time
1	Adam Oliver Hart	Colchester & Tendring AC	11: 43
2	William Hughes	Basildon AC	12: 04
3	Connor McGurk	Basildon AC	12: 11
4	Oliver West	Havering AC	12: 20
5	Matthew Meadows	Basildon AC	12: 27
6	Jamie Paul Gilbey	Basildon AC	12: 31
7	Luke Aidan Berry	Basildon AC	12: 35
8	James Stephen Clarke	Colchester & Tendring AC	12: 39
9	Callum Millard Jennings	Havering AC	12: 40
10	Ben Tucker	Harlow AC	12: 43
11	Freddie Wallace	Basildon AC	12: 45
12	Charlie Smith	SS Athletics	12: 54
13	Harry Charlie Daley	Basildon AC	12: 57
14	Charlie Lee	SS Athletics	12: 59
15	Khaya Fakazi	Chelmsford AC	13: 02
16	George Bangs	Havering AC	13: 06
17	Ollie Lucas Johnson	Brentwood Beagles AC	13: 08
18	Barney Perkins	Ilford AC	13: 09
19	Harry Wing	Basildon AC	13: 09
20	Khalif Ali	Ilford AC	13: 13
21	Evan Henty	SS Athletics	13: 23
22	Charles Jackson	Chelmsford AC	13: 24
23	Hayden Preston	Colchester Harriers AC	13: 26
24	Thomas Burgoyne	Chelmsford AC	13: 30
25	James Ferris	Basildon AC	13: 32
26	Harry Philip Cunningham	Basildon AC	13: 51
27	Daniel James Smith	Brentwood Beagles AC	13: 52
28	Logan Anthony Hunt	Havering AC	13: 55
29	James Sylvester	Benfleet Running Club	13: 55
30	Max James Reilly	Basildon AC	13: 56
31	Charles Cass-Courtney	West Suffolk AC	13: 56
32	George Anthony Burgess	Havering AC	13: 59
33	Michael Lesser	Havering AC	14: 00
34	Samuel Darren Green	Colchester & Tendring AC	14: 04
35	Fraser Abrahams	Benfleet Running Club	14: 05
36	William Petch	SS Athletics	14: 11
37	Max Sillett	Havering AC	14: 31
38	Hudson Lane	Basildon AC	14: 35

39	Zachary Binge	Havering AC	14:	59
40	Jake Borg	Benfleet Running Club	15:	14
41	Aubrey Cartwright	Colchester & Tendring AC	15:	38
42	Thiago Casol	Benfleet Running Club	15:	56
43	Tristan Elliott Smith	Castle Point Joggers	16:	04
44	Arron James Watson	Castle Point Joggers	16:	31
45	James Marek Cooper	Braintree & District AC	16:	37
46	Elias Furreedan	Ilford AC	17:	13
47	Finn Buckley	Loughton AC	17:	26
48	William Millard	Havering AC	18:	36
49	Thomas Beaumont	Benfleet Running Club	18:	43
50	Ben Howlett	Castle Point Joggers	19:	28

Teams

1	Basildon AC	16	
2	Havering AC	57	
3	SS Athletics	83	
4	Colchester & Tendring AC	84	
5	Benfleet Running Club	146	
6	Chelmsford AC	61	(3)
7	Ilford AC	84	(3)
8	Castle Point Joggers	137	(3)
9	Brentwood Beagles AC	44	(2)
10	Harlow AC	10	(1)
11	Colchester Harriers AC	23	(1)
12	West Suffolk AC	31	(1)
13	Braintree & District AC	45	(1)
14	Loughton AC	47	(1)

Essex Cross Country League (2)

Gloucester Park, Basildon

28/10/2023

U13 Girls

Pos	Name	Team	Time
1	Summer Smith	Havering AC	11: 45
2	Izzy Daisy Eida	Chelmsford AC	12: 48
3	Francesca Philipps	Chelmsford AC	13: 05
4	Beatrix Grace Castleton Cooke	Chelmsford AC	13: 22
5	Emma Pickering	Chelmsford AC	13: 40
6	Lilly Rose Sanford	Chelmsford AC	13: 45
7	Hattie Mae Blackburn	Basildon AC	13: 54
8	Mia Imogen Lawes	Colchester & Tendring AC	13: 54
9	Sadie Owen	SSAthletics	13: 57
10	Lilly Naylor	Benfleet Running Club	13: 58
11	Isla Kehoe	Chelmsford AC	14: 01
12	Ella Francesca Fagan	Brentwood Beagles AC	14: 03
13	Aria Sabado	Brentwood Beagles AC	14: 05
14	Sophie Bickerstaff	Brentwood Beagles AC	14: 08
15	Amalie Violet Twydell	Braintree & District AC	14: 28
16	Elizabeth Whall	Colchester & Tendring AC	14: 46
17	Hollie Matthews	Thurrock Harriers	15: 06
18	Anna Regan	Basildon AC	15: 09
19	Jess Grace Cunningham	Castle Point Joggers	15: 23
20	Chloe Lee	Basildon AC	15: 26
21	Ami Hines	Benfleet Running Club	15: 28
22	Jeanne Violet Blackburn	Basildon AC	15: 32
23	Mia Wilson	Havering AC	15: 42
24	Skye Eastman	Havering AC	16: 15
25	Molly Fenton	Benfleet Running Club	16: 20
26	Orlaith McLaren	Havering AC	16: 52
27	Nicole Dennison	SSAthletics	17: 00
28	Isobel McKay	Loughton AC	17: 04
29	Ciara Dobson	Harlow AC	17: 16
30	Simran Dasoar	Colchester Harriers AC	17: 20
31	Amenze Amadin	City of Southend AC	17: 29
32	Layla Ogden	Basildon AC	18: 21
33	Keira Nix	Basildon AC	18: 23
34	Ava Maisie O'Neal	Brentwood Beagles AC	18: 34
35	Holly James	Benfleet Running Club	18: 50
36	Isla Louise May Coppard	Basildon AC	18: 57
37	Piper Bell	Orion Harriers	21: 42

Teams

1	Chelmsford AC	14
2	Basildon AC	67
3	Brentwood Beagles AC	73
4	Havering AC	74
5	Benfleet Running Club	91
6	Colchester & Tendring AC	24 (2)
7	SSAthletics	36 (2)
8	Braintree & District AC	15 (1)
9	Thurrock Harriers	17 (1)
10	Castle Point Joggers	19 (1)
11	Loughton AC	28 (1)
12	Harlow AC	29 (1)
13	Colchester Harriers AC	30 (1)
14	City of Southend AC	31 (1)
15	Orion Harriers	37 (1)

Essex Cross Country League (2)

28/10/2023

12/11/2022

U15 Boys

Pos	Name	Team	Time
1	Sam Horsley	Ilford AC	15: 13
2	George Watkins	Harlow AC	15: 27
3	Findlay McLaren	Havering AC	15: 51
4	Shea Sweeney	Havering AC	16: 13
5	Jacob Parrott	Chelmsford AC	16: 22
6	Josh Ray Eida	Chelmsford AC	16: 28
7	Rohan Dasoar	Colchester Harriers AC	16: 39
8	Ben Smith	Chelmsford AC	16: 47
9	Zac Michael Thomas	Brentwood Beagles AC	16: 53
10	Andrew de Koning	Walden Tri	16: 56
11	Manny Richards	Harlow AC	16: 58
12	Thomas Carter	Chelmsford AC	17: 01
13	Lewis Jopling	City of Southend AC	17: 07
14	Liam Stephen Battrum	Havering AC	17: 17
15	Sam Clarke	Castle Point Joggers	18: 11
16	Frankie Butcher	Benfleet Running Club	18: 20
17	Aron Berekhet Berhe	Ilford AC	18: 24
18	Ryder Islam	Ilford AC	18: 28
19	Ethan Carroll	Havering AC	18: 39
20	Aidan Doherty	Havering AC	18: 53
21	Leo Smith	City of Southend AC	18: 58
22	Daniel Stefan	Basildon AC	19: 09
23	Finlay Jones	City of Southend AC	19: 14
24	Aidan Buckley	Loughton AC	19: 25
25	Hayden Silvain	Basildon AC	20: 11
26	Aaron Samuels	City of Southend AC	20: 23
27	Harry Fairbrass	City of Southend AC	20: 25
28	Oliver Vincent	Braintree & District AC	20: 48
29	Luke Thake	Ilford AC	20: 53
30	Jacob William Chambers	Braintree & District AC	21: 16
31	Jayden-Kyle McDermott	Ilford AC	21: 21
32	Adam Johns	Orion Harriers	21: 54
33	Charlie Lingley	Brentwood Beagles AC	21: 59

Teams

1	Chelmsford AC	31
2	Havering AC	40
3	Ilford AC	65

4	City of Southend AC	83	
5	Harlow AC	13	(2)
6	Brentwood Beagles AC	42	(2)
7	Basildon AC	47	(2)
8	Braintree & District AC	58	(2)
9	Colchester Harriers AC	7	(1)
10	Walden Tri	10	(1)
11	Castle Point Joggers	15	(1)
12	Benfleet Running Club	16	(1)
13	Loughton AC	24	(1)
14	Orion Harriers	32	(1)

Essex Cross Country League (2)

Gloucester Park, Basildon

28/10/2023 U15 Girls

Pos	Name	Team	Time
1	Olivia Forrest	Brentwood Beagles AC	15: 52
2	Evangeline Warn	Brentwood Beagles AC	17: 11
3	Daisy Stollery	Chelmsford AC	17: 23
4	Isabel Forrest	Brentwood Beagles AC	17: 34
5	Orla Jane Friel	Havering AC	17: 37
6	Zara Morley	Basildon AC	17: 44
7	Jessica Walker	City of Southend AC	18: 22
8	Missy Tiller	Brentwood Beagles AC	19: 30
9	Shiloh Omotosho	Basildon AC	19: 44
10	Isla Nicole Garrett	Harlow AC	19: 50
11	Carmen Jones	City of Southend AC	19: 56
12	Poppy Vines	Havering AC	20: 05
13	Naomi Sandercock	Colchester & Tendring AC	20: 08
14	Nicole Hawkins	Brentwood Beagles AC	20: 27
15	Connie Coates	Benfleet Running Club	20: 57
16	Dorka Bakler-Kugler	Basildon AC	21: 13
17	Ruby May Beasley	Havering AC	21: 30
18	Poppy Horton	Basildon AC	21: 33
19	Martha May	Braintree & District AC	21: 37
20	Lily Isabella Penny Hartman	Basildon AC	21: 45
21	Ella Grace Gilder-Briggs	Brentwood Beagles AC	22: 03
22	Sophia Louisa Harvey	Colchester & Tendring AC	22: 22
23	Abigail Olivia Rogers	Havering AC	22: 40
24	Sophie Isabella Dixon	City of Southend AC	23: 05
25	Kesia Crees	Basildon AC	23: 20
26	Faryl Wright	Harlow AC	23: 28
27	Olive Kearney	Castle Point Joggers	23: 34
28	Beau Lindsey Sue Burkett	Basildon AC	23: 50
29	Scarlett Woods	Havering AC	24: 09
30	Evie Gowers	Braintree & District AC	24: 14
31	Grace Olivia Tilson	Havering AC	24: 35
32	Ava Carter	Brentwood Beagles AC	24: 37
33	Caitlin Howlett	Castle Point Joggers	25: 16
34	Honey Peck	Brentwood Beagles AC	25: 26
35	Constance Restarick	City of Southend AC	25: 39
36	Molly Jane Walker	Braintree & District AC	26: 37
37	Isabelle Lee	Basildon AC	27: 03

Teams

1	Brentwood Beagles AC	15	
2	Basildon AC	49	
3	Havering AC	57	
4	City of Southend AC	77	
5	Braintree & District AC	85	(3)
6	Colchester & Tendring AC	35	(2)
7	Harlow AC	36	(2)
8	Castle Point Joggers	60	(2)
9	Chelmsford AC	3	(1)
10	Benfleet Running Club	15	(1)

Essex Cross Country League (2)

Gloucester Park, Basildon

28/10/2023

Pos	Name	Team	Time
1	Toby Rhys Jones	City of Southend AC	23: 32
2	Max Sanderson	Braintree & District AC	23: 52
3	Archie Durham	Chelmsford AC	24: 02
4	William George Sweeney	Chelmsford AC	24: 22
5	Finley Greenleaf	Colchester Harriers AC	24: 40
6	Finlay Ryan Evison	Basildon AC	24: 46
7	Danny Curran	Basildon AC	25: 03
8	Laurence Sleath	Basildon AC	25: 14
9	Samuel Yusuf Crane	Ilford AC	25: 21
10	Callum Lill	Basildon AC	25: 27
11	Harry Wright	Chelmsford AC	25: 29
12	Jack West	Havering AC	25: 35
13	Lochlan Dyer	City of Southend AC	25: 43
14	Nathan Waller	City of Southend AC	26: 00
15	Jake Glen Charlie Campen	Basildon AC	26: 03
16	Rilwan Choi	City of Southend AC	26: 24
17	Aaron Hick	Ilford AC	26: 26
18	Ryan Carroll	Havering AC	26: 47
19	Bradley Silvain	Basildon AC	26: 50
20	Edward Thomas	City of Southend AC	27: 10
21	Toby Johnson	Havering AC	27: 23
22	Sam Gregory Parrott	City of Southend AC	27: 29
23	Louie Patrick Day	City of Southend AC	27: 35
24	Jack Ali Izzet	Colchester & Tendring AC	27: 40
25	Daniel Lesser	Havering AC	27: 46
26	Lawrence Stone	City of Southend AC	28: 09
27	Jack Kneafsey	Braintree & District AC	28: 21
28	Nathan Trevor Hart	Havering AC	28: 42
29	Conor Vincent James McEwen	Harlow AC	28: 43
30	Sonnie Richard Edward Mowat	Harlow AC	28: 52
31	Harry Miles Cooper	City of Southend AC	29: 17
32	Louis King	Braintree & District AC	29: 28
33	Caleb Oscar Lee	Colchester Harriers AC	29: 47
34	Max Bell	Orion Harriers	30: 20
35	James Ian Thake	Ilford AC	30: 49
36	Jake Phillips	Colchester Harriers AC	31: 13
37	Lucas Willett	Thurrock Harriers	31: 45
38	Oliver William Fisher	City of Southend AC	33: 32

Teams

1	Chelmsford AC	18	
2	Basildon AC	21	
3	City of Southend AC	28	
4	Havering AC	51	
5	Braintree & District AC	61	
6	Ilford AC	61	
7	Colchester Harriers AC	74	
8	Harlow AC	59	(2)
9	Colchester & Tendring AC	24	(1)
10	Orion Harriers	34	(1)
11	Thurrock Harriers	37	(1)

U17 Men

Essex Cross Country League (2)

Gloucester Park, Basildon

28/10/2023

Pos	Name	Team	Time
1	Liliana Taylor	City of Southend AC	28 33
2	Abi Aitken	City of Southend AC	28 36
3	Georgia Rose Levy	City of Southend AC	28 48
4	Amy Milburn	Colchester & Tendring AC	29 31
5	Hannah Evans	Havering AC	30 52
6	Carys Emma Sergeant	Colchester & Tendring AC	31 04
7	Madison Heil	Havering AC	31 26
8	Emma Cox	Chelmsford AC	31 37
9	Megan Vernon	Benfleet Running Club	32 17
10	Jemimah Helena Knightbridge	Brentwood Beagles AC	32 30
11	Maddy Melodie Thorne	Braintree & District AC	32 43
12	Lucy Thompson	Colchester & Tendring AC	32 45
13	Abigail Ella Swan	Havering AC	33 04
14	Lola Butcher	Benfleet Running Club	33 27
15	Evie Drummond	Basildon AC	33 45
16	Rosie Warner	Havering AC	34 36
17	Rhea Bryan	Thurrock Harriers	36 34
18	Keira Ella Oldfield	Basildon AC	38 15

Teams

1	City of Southend AC	6
2	Colchester & Tendring AC	22
3	Havering AC	25
4	Benfleet Running Club	23 (2)
5	Basildon AC	33 (2)
6	Chelmsford AC	8 (1)
7	Brentwood Beagles AC	10 (1)
8	Braintree & District AC	11 (1)
9	Thurrock Harriers	17 (1)

2)

U17/U20W