

Essex League Cross Country League Results

Courtesy of : -

Roy Meadowcroft (Chelmsford AC)

Dave Vidler (Basildon AC)

An Adveturous day to say the least!

Two U13 Girls' disks have not been handed in - 10th & 20th. Team managers, can you help?

The Ladies race was a shambles from our point of view. The disks hand out did not match the positions in which the athletes finished. To make matters worse, it seems that team managers were not all given the same information on how to "Convert" disk to position. As a result it took us over an hour to sort it out.

Fortunately the timekeepers' sheets enabled us to resolve it all in the end.

There will certainly be instances where age groups have not been identified properly

This will be especially true for veterans. Many team managers didn't put down age groups for their athletes & when they did, they didn't always match what we were given at the last match.

Please let me know if any changes are required. It's all been a bit rushed, so there could be many.

If you don't tell us then we won't know so please e-mail me with a note of any changes.

We won't be amending the results on this website, but will try to ensure that information is correct next time

Amendments to: - [miveld.vidler@btinternet .com](mailto:miveld.vidler@btinternet.com)

Essex Cross Country League (2)

Hockley

15/11/2008

U13 Girls

Pos	Name	Team	Time
1	Riches, Sophie	Chelmsford	11: 01
2	Tuckfield, Georgia	Orion H	15
3	Bullis, Emily	Basildon	26
4	Dodd, Kaylee	Basildon	28
5	Williams, Chloe	Southend	29
6	Prideux, Rosa	Chelmsford	42
7	Avontour, Marleen	Harlow	42
8	Sales, Katie	Chelmsford	45
9	Loynes, Avril	Havering M	46
10	Other, AN	Not Known	50
11	Hallam, Lydia	Havering M	53
12	Holloway, Gemma	Thurrock H	54
13	McLachlan, Lyndsey	Havering M	12: 09
14	Bloy, Hannah	Havering M	14
15	Fisher, Natasha	Chelmsford	22
16	Diss, Sophia	Braintree	25
17	Parot, Clarise	Braintree	27
18	Rogas, Samantha	Chelmsford	30
19	Chalmers, Abbey	Chelmsford	33
20	Other, AN	Not Known	37
21	Swain, Jessie	Basildon	37
22	Taylor, Sydney	Orion H	39
23	Smith, Jessica	Chelmsford	42
24	Atamari, Poppy	Basildon	43
25	Judge, Nicola	Basildon	44
26	Alexander, Abbie	Basildon	46
27	Brett, Rosie	Havering M	50
28	Wennington, Shannon	Basildon	52
29	Jarvis, Emma	Southend	13: 00
30	Ward, Lydia	Chelmsford	00

Pos	Name	Team	Time
31	Stephenson, Phoebe	Basildon	14
32	Crosby, Yasmin	Orion H	15
33	Banks, Hannah	Colchester & T	25
34	Moss, Isobel	Harlow	28
35	Gardiner, Bryony	Chelmsford	32
36	Clark, Megan	Chelmsford	39
37	Barry, Isobelle	Orion H	40
38	Friswell, Georgina	Southend	44
39	Solomon, Daisy	Braintree	51
40	Jung, Emily	Orion H	14: 08
41	Stapleton, Ella	Southend	11
42	Southgate, Lily	Southend	12
43	Goddard, Georgina	Benfleet	30
44	Morgan, Abigail	Tiptree	31
45	Hewitt, Isobel	Southend	46
46	Warren, Georgina	Benfleet	15: 24
47	Kersey, Victoria	Havering M	16: 40
48	Cockell, Ellie	Braintree	18: 08

Teams

1	Chelmsford	30
2	Havering M	47
3	Basildon	52
4	Orion H	93
5	Southend	113
6	Braintree	120
7	Harlow	41 (2)
8	Benfleet	89 (2)
9	Thurrock H	12 (1)
10	Colchester & T	33 (1)
11	Tiptree	44 (1)

Essex Cross Country League (2)

Hockley

15/11/2008

U15 Girls

Pos	Name	Team	Time		Team Result	
1	Judd, Jessica	Thurrock H	14: 36	1	Southend	27
2	Archer, Holly	W. Suffolk	48	2	Thurrock H	59
3	Garnett, Aimee	Southend	15: 00	3	Havering M	60
4	Mead, Jessica	Southend	04	4	Basildon	60
5	Smee, Camilla	Southend	42	5	Orion H	96
6	McGowan-Jones, Hannah	Thurrock H	57	6	Colchester H	66 (3)
7	Andrews, Jay	Orion H	16: 05	7	Chelmsford	27 (2)
8	Ballard , Emily	Basildon	09	8	W. Suffolk	28 (2)
9	Sadler, Rachel	Havering M	12	9	Braintree	20 (1)
10	Johnson, Eleanor	Basildon	13	10	Billericay S	23 (1)
11	Corcoran, Eleanor	Basildon	18	11	Benfleet	29 (1)
12	Stanley, Becky	Havering M	28			
13	Johnstone, Sophie	Chelmsford	43			
14	O`Connor, Laura	Chelmsford	46			
15	Lacey, Jordan	Southend	52			
16	Abbott, Annabelle	Colchester H	56			
17	Morgan, Alex	Southend	17: 07			
18	Blaxland, Amanda	Havering M	18			
19	Woodhouse, Natalie	Southend	25			
20	Beckett, Chloe	Braintree	32			
21	Sullivan, Shannon	Havering M	35			
22	Straiton, Kirsty	Colchester H	44			
23	Mountford, Lydia	Billericay S	55			
24	Matthams, Charlotte	Orion H	57			
25	Martin-Wood, Hollie	Thurrock H	18: 13			
26	Waters, Grace	W. Suffolk	24			
27	Barnard, Rebecca	Thurrock H	51			
28	Gardner, Amy	Colchester H	19: 35			
29	Dines, Angela	Benfleet	20: 17			
30	Busby, Sarah	Havering M	19			
31	Easden, Zoe	Basildon	25			
32	Pereira, Lauren	Orion H	37			
33	Timpson, Melissa	Orion H	57			

Essex Cross Country League (2)

Hockley

15/11/2008

U17 Men

Pos	Name	Team	Time	<u>Team Result</u>	
1	Frith, Tom	Southend	22: 01		
2	Hawkings, Peter	Chelmsford	38		
3	Sutton, Callum	Havering M	50		
4	Webb, Grant	Basildon	55		
5	Taylor, Antony	Basildon	23: 03		
6	Clayton, Sam	Colchester & T	08		
7	Clutterbuck, Dale	Basildon	28		
8	Dawson, Adam	Thurrock H	29		
9	Shanney, Daniel	Havering M	31		
10	Moxon, George	Southend	32		
11	Smale, David	Southend	57		
12	James, Chris	Basildon	24: 03		
13	Woodley, James	Chelmsford	07		
14	Shanney, Thomas	Havering M	13		
15	Pollitt, Richard	Braintree	15		
16	Brittain, Allan	Southend	21	Teams	
17	Hall, Aubren	Orion H	33	1 Basildon	28.00001
18	Shane, Steve	Basildon	51	2 Southend	38.00002
19	Waked, Joseph	Havering M	25: 10	3 Havering M	45.00002
20	Penfold, Daniel	Orion H	41	4 Orion H	84.00003
21	Bird, Ben	Chelmsford	26: 23	5 Chelmsford	36 (3)
22	Atkins, Chris	Orion H	55	6 Colchester & T	6 (1)
23	Singleton, Luke	Colchester H	59	7 Thurrock H	8 (1)
24	Watts, George	Benfleet	27: 09	8 Braintree	15 (1)
25	Ball, Ellis	Orion H	30: 04	9 Colchester H	23 (1)
26	Rashid, Omar	Ilford	26	10 Benfleet	24 (1)
27	Jones, George	Havering M	43	11 Ilford	26 (1)

Essex Cross Country League (2)

Hockley

15/11/2008

U17/U20W

Pos	Age Gp	Name	Team	Time	Team Result	
1	U17	Kersey, Gemma	Basildon	17: 03	1 Basildon	21
2	U20	Dignum, Denise	Basildon	27	2 Southend	44
3	U17	Carroll, Sophie	Basildon	28	3 Havering M	48
4	U20	Condron, Laura	Colchester & T	47	4 Colchester & T	57
5	U20	Burgess, Emily	Southend	49	5 W Suffolk	37 (2)
6	U20	Holland, Kerry	Southend	58	6 Benfleet	49 (2)
7	U17	Webber, Georgia	Thurrock H	18: 00	7 Orion H	58 (2)
8	U17	Neale, Ella	Colchester H	03	8 Thurrock H	7 (1)
9	U20	Hurley, Danielle	Southend	16	9 Colchestr H	8 (1)
10	U17	Littlechild, Zoey	Havering M	25	10 Chelmsford	12 (1)
11	U17	Turner, Amber	Havering M	34		
12	U17	Hayes, Victoria	Chelmsford	35		
13	U20	Richardson, Katie	Havering M	37		
14	U17	Holland, Jennifer	Havering M	19: 03		
15	U17	Bishop, Charlotte	Basildon	04		
16	U17	Bond, Jessica	Colchester & T	29		
17	U17	Baker, Emily	W. Suffolk	30		
18	U17	Hillyard, Laura	Colchester & T	32		
19	U17	Ayers, Stacey	Colchester & T	38		
20	U20	Waters, Helen	W. Suffolk	20: 02		
21	U20	Sefton, Catherine	Basildon	09		
22	U17	O`Rahilly, Megan	Benfleet	25		
23	U17	Triggs, Elle	Colchester & T	55		
24	U17	Ling, Alice	Southend	21: 08		
25	U17	Kyrakides, Amellia	Southend	26		
26	U17	O`Connor, Laura	Orion H	40		
27	U17	Wilkinson, Katie	Benfleet	49		
28	U17	Lovell, Michelle	Havering M	22: 18		
29	U20	Scott, Jessica	Southend	25		
30	U20	Bailey, Sade	Basildon	30		
31	U17	Condron, Josie	Colchester & T	49		
32	U17	Jung, Amy	Orion H	27: 32		

Essex Cross Country League (2)

Hockley

15/11/2008

Senior Women

Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time
1	SW	Deadman, Lauren	Havering M	23: 53	71	V35	Heselgrave, Mandy	Dagenham 88	45
2	SW	Rogers, Nicola	Colchester & T	24: 08	72	V45	Wilson, Toni	Colchester H	47
3	SW	Ward, Stacey	Basildon	23	73	V55	Hobbs, Jean	Loughton	50
4	SW	Cornwell, Clare	Southend	29	74	V35	Cook, alison	Springfield S	34: 10
5	SW	Stradling, Sarah	Colchester H	25: 02	75	V45	De-Smedt, Beryl	Basildon	25
6	SW	Childs, Ellie	Basildon	08	76	V45	Hill, Janet	Springfield S	28
7	V35	Appleton, Debbie	Havering M	16	77	V55	Cudmore, Liz	Colchester H	40
8	SW	Tatum, Danielle	Colchester & T	40	78	V45	Gilham, Sally	Iford	50
9	SW	Ward, Teresa	Basildon	26: 27	79	V35	Ward, Lisa	Leigh on Sea	54
10	SW	Luxton, Rebecca	Chelmsford	31	80	V55	Flannigan, Teresa	Pitsea	57
11	V35	Watson, Jacqui	Benfleet	56	81	SW	Coates, Tracy	Dagenham 88	35: 00
12	SW	Real, Caroline	Loughton	59	82	SW	Dyer, Pip	Braintree	09
13	V35	Oakman, Annette	Chelmsford	27: 00	83	V45	Richardson-Wright, Rach	Colchester H	12
14	SW	Kipps, Natalie	Orion H	01	84	V35	Diver, Alison	Leigh on Sea	29
15	V35	King, Wendy	Chelmsford	02	85	SW	Snook, Michelle	Springfield S	37
16	SW	Shrewbridge, Laura	Tiptree	16	86	SW	Morris, Vicky	Loughton	59
17	V35	Morley, Denise	Colchester H	28	87	V45	Minton, Tracy	Chelmsford	36: 03
18	V35	Stunt, Catherine	Benfleet	36	88	SW	Riley, Jo	Dagenham 88	47
19	SW	Bloomfield, Helen	Colchester & T	44	89	V35	Morton, Alison	Thrift Green T	56
20	SW	Thurgood, Claire	Orion H	46	90	SW	Fox, Charlotte	Leigh on Sea	37: 37
21	SW	Peppiatt, Charlotte	Benfleet	55	91	SW	Harwood, Gwen	Loughton	39
22	SW	Jeffery, Sarah	Southend	28: 06	92	V35	Formosa, Sarah	Benfleet	38: 01
23	SW	Adams, Becky	Colchester & T	07	93	V35	Petersen, Irena	Loughton	06
24	SW	Goode, Nicola	Basildon	11	94	SW	Suleman, N	Thrift Green T	15
25	V35	Smith, Jo	Chelmsford	14	95	V35	Bickford, Beverley	Leigh on Sea	28
26	SW	Whitfield, Anna	Basildon	38	96	SW	Hopkins, Gill	Orion H	50
27	SW	Mancer, Lucy	Benfleet	38	97	SW	Ewin, Kate	Leigh on Sea	39: 10
28	V35	Caulfield, Michelle	Braintree	53	98	V45	Burston, Nicola	Phoenix	40: 04
29	V35	Gaffney, Lorna	Loughton	54	99	SW	Johnson, Leanne	Leigh on Sea	55
30	V35	Dowell, Melissa	Colchester H	29: 01	100	V55	Yeung, Tina	Thrift Green T	56
31	V45	Nordin, Bree	Iford	05	101	V35	Uttley, Angie	Leigh on Sea	58
32	SW	Westcott, Lucy	Springfield S	24	102	V35	Davis, Michaela	Loughton	41: 42
33	V35	Colbert, Sarah	Springfield S	25	103	V65	Bullock, Marion	Southend	51
34	V35	Pyle, Nicola	Springfield S	34	104	SW	McIntosh, Sarah	Thrift Green T	42: 15
35	V35	Gifford, Sian	Colchester & T	48	105	V55	Bates, Linda	Pitsea	52
36	V35	Garrard, Sharon	Benfleet	55	106	V45	Benjamin, Gillian	Colchester H	43: 13
37	SW	Lagden, N	Southend	57	107	V45	Wardley, Caroline	Orion H	48: 32
38	V40	Jones, Mel	Iford	30: 04					
39	V35	McCann, Sue	Colchester & T	07					
40	SW	Cumner, Ellie	Colchester & T	08					
41	SW	Hurley, Michelle	Loughton	12					
42	V55	Tanner, Lynn	Springfield S	14					
43	V35	Brookes, Gabby	Loughton	18					
44	SW	Jarvis, Sarah	Chelmsford	35					
45	SW	Ling, Melanie	Southend	44					
46	V35	Hallam, Jane	Havering M	47					
47	V35	Barnett, Nikki	Chelmsford	51					
48	V45	Hopkinson, Nicola	Iford	59					
49	SW	Douglas, Laurie	Colchester & T	31: 01					
50	V45	Crisp, Dianne	Iford	05					
51	SW	Bent, Natalie	Pitsea	12					
52	V35	Harvey, Jan	Leigh on Sea	21					
53	V35	Tuck, Caroline	Dagenham 88	23					
54	V35	Ward, Sarah	Leigh on Sea	25					
55	V35	Wilkin, Lorraine	Springfield S	27					
56	SW	Thompson, Angela	Havering M	29					
57	V45	Coster, Angie	Thrift Green T	34					
58	V55	Woolar, Dianne	Colchester & T	55					
59	SW	Timbrell, Jodie	Thrift Green T	32: 04					
60	SW	Alexandra, Storme	Leigh on Sea	15					
61	SW	Real, Helen	Loughton	22					
62	V45	Jarvis, Margaret	Chelmsford	24					
63	V35	Sheffield, Josephine	Braintree	53					
64	V45	Holmes, Beverley	Thrift Green T	56					
65	SW	Levene, M	Chelmsford	33: 01					
66	V55	Bent, Angela	Pitsea	11					
67	V45	Berrett, Hazel	Chelmsford	26					
68	V45	Cole, Sue	Colchester H	35					
69	V45	Shillaker, Gaye	Loughton	36					
70	V45	Pumfrett, Debbie	Phoenix	43					

Team Scores

1	Basildon	42
2	Colchester & T	52
3	Chelmsford	63
4	Benfleet	77
5	Southend	108
6	Havering M	110
7	Colchester H	120
8	Loughton	125
9	Springfield S	141
10	Iford	167
11	Orion H	237
12	Leigh on Sea	245
13	Thrift Green T	269
14	Dagenham 88	293
15	Pitsea	302
16	Braintree	173 (3)
17	Phoenix S	168 (2)
18	Tiptree	16 (1)

Essex Cross Country League (2)

<u>Hockley</u>				<u>15-Nov-08</u>		<u>Senior Men</u>			
Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time
1	SM	Sanford, Mark	Basildon	26: 04	71	V50	Wright, Dave	Colchester H	42
2	SM	Mussett, Adrian	Colchester H	09	72	V50	Morris, Andy	Benfleet	43
3	SM	Clarke, Ross	Basildon	27	73	V40	Toogood, Steve	Chelmsford	45
4	SM	Riddell, Gareth	Basildon	31	74	SM	Keys, Trevor	Havering M	53
5	U20	Shane, James	Basildon	55	75	SM	Colgrave, Adam	Chelmsford	55
6	SM	Livingston, Andrew	Basildon N/S	27: 02	76	V40	Crisp, Neil	Ilford	56
7	SM	Prout, Ryan	Thrift Green T	04	77	V50	Catton, Andy	Ilford	32: 02
8	U20	Gibbon, David	Colchester & T	26	78	SM	Cooper, Phil	Thrift Green T	11
9	SM	Briggs, John	Basildon N/S	30	79	V50	Purse, Chris	Springfield S	14
10	SM	Warner, Rob	Havering M	37	80	V40	Middleton, Russell	Havering M	16
11	SM	Herbert, Tom	Colchester H	40	81	V40	Fitchew, Jason	Leigh on Sea	18
12	SM	Williams, James	Chelmsford	28: 00	82	V40	Rolfe, Mick	Loughton	21
13	SM	Fewell, David	Chelmsford	02	83	V50	Bumstead, Mike	Thurrock	25
14	U20	Stroud, Jack	Orion H	04	84	V40	Shelley, Eric	Thurrock	28
15	SM	Muir, Malcolm	Ilford	05	85	SM	Vickery, Ian	Colchester & T	35
16	U20	Heard, Lloyd	Colchester & T	09	86	SM	Bentley, Roy	Dagenham 88	37
17	SM	Molineaux, Paul	Springfield S	18	87	SM	O'Neill, I	Thrift Green T	48
18	V40	Dobson, Paul	Springfield S	20	88	SM	Gibby, Rob	Colchester H	50
19	U20	Twist, Grant	Havering M	22	89	V40	Scrivener, Chris	Thurrock	53
20	SM	Rand, Steve	Havering M	22	90	V40	Wisken, Greg	Mid Essex C	56
21	V40	Spowage, Paul	Colchester H	26	91	V40	Tullett, Peter	Chelmsford	57
22	SM	Coates, Peter	Havering M	33	92	V50	Togwell, Chris	Ilford	57
23	SM	Sellens, Chris	Colchester H	38	93	SM	Heyton, ben	Springfield S	57
24	SM	Clarke, Howard	Southend	40	94	U20	Crompton, Josh	Southend	33: 02
25	SM	Smith, Phil	Springfield S	43	95	V40	Morgan, Simon	Tiptree	03
26	U20	Ridley, Andrew	W. Suffolk	48	96	V60	Binns, Peter	Southend	06
27	SM	Hoye, Ken	Chelmsford	51	97	SM	Thomson, Dave	Benfleet	09
28	SM	Whittaker, Steven	Southend	52	98	V40	Hood, John	Benfleet	11
29	SM	Chandler, Gary	Springfield S	53	99	V50	Cooper, Melvyn	Chelmsford	13
30	SM	Joyce, Shay	Orion H	54	100	V40	Capel, Darren	Southend	16
31	V40	Blund, Matt	Havering M	29: 03	101	SM	Watson, Stuart	Benfleet	18
32	SM	Scott, Roy	Southend	06	102	V40	Broadbridge, Lindsay	Springfield S	20
33	V50	Bridgeland, Mike	Chelmsford	06	103	V40	Rankin, Nick	Benfleet	21
34	SM	Crook, Mark	Springfield S	13	104	V40	Brewer, Mark	Tiptree	26
35	SM	Smalls, Alan	Colchester H	17	105	V40	Marchant, Dave	Thurrock	31
36	SM	Stops, A	Thurrock	19	106	V40	Hurley, David	Southend	34
37	SM	McGoun, Neil	Orion H	22	107	SM	Wray, Andy	Colchester & T	38
38	V40	Harris, Kevin	Springfield S	23	108	SM	Johnson, Dean	Leigh on Sea	41
39	U20	Bloy, Matt	Basildon	25	109	V40	Judd, Mike	Thurrock	43
40	V40	Barker, John	Thrift Green T	27	110	V50	Thorpe, Barry	Chelmsford	34: 02
41	SM	Pickering, Lee	Chelmsford	35	111	SM	Goodridge, Russell	Colchester H	05
42	SM	Dickenson, Rob	Havering M	38	112	V40	Pomfrett, John	Pitsea	06
43	SM	Ketteridge, Sean	Colchester H	43	113	SM	Jarvis, Dean	Dagenham 88	09
44	SM	Gardner, Tom	Basildon	47	114	V40	Williams, Mark	Leigh on Sea	09
45	SM	Bootey, Graham	Benfleet	53	115	V40	Jarvis, Greg	Southend	13
46	V40	Ridley, Colin	W. Suffolk	55	116	V40	Stukas, Paul	Springfield S	14
47	V40	Paul, Eric	Orion H	30: 00	117	V40	Thornton, Keith	Thrift Green T	15
48	SM	Nears, Jonathan	Colchester H	02	118	SM	Maple, Matthew	Ilford	18
49	SM	Burgoyne, Chris	Springfield S	10	119	V40	Frost, Adrian	Orion H N/S	22
50	SM	Tamlyn, Will	Chelmsford	12	120	V40	Mason, Andy	Springfield S	24
51	V40	Lewin, Colin	Colchester H	21	121	SM	Ovel, Dean	Leigh on Sea	36
52	SM	Rolfe, Andrew	Thurrock	22	122	SM	Middleton, Steve	Southend	46
53	V40	Helliwell, Paul	Colchester H	24	123	SM	Noonan, T	Thurrock	48
54	V50	Butler, Dave	Billericay S	26	124	V60	Tyson, David	Loughton	48
55	SM	Bent, Daniel	Pitsea	27	125	SM	Green, David	Leigh on Sea	50
56	SM	Anthony, Ian	Havering M	28	126	SM	Wright, Dan	Colchester H	51
57	V40	Keely, Noel	Colchester H	32	127	SM	Turnbull, Stuart	Mid Essex C	55
58	V40	Jacob, Kevin	Billericay S	41	128	SM	Frost, Kevin	Colchester & T	57
59	V40	Julian, Kevin	Orion H	47	129	SM	Burns, Rob	Leigh on Sea	59
60	SM	Mead, Richard	Chelmsford	51	130	V40	Kennedy, Andy	Benfleet	35: 00
61	SM	Martin, Lee	Springfield S	53	131	SM	Hartshorne, Damien	Braintree	02
62	SM	Clinch, Peter	Ilford	55	132	V50	Street, Phil	Benfleet	04
63	V40	Gibbs, Martin	Chelmsford	57	133	SM	Cops, Matt	Benfleet	08
64	SM	Waine, Mark	Springfield S	58	134	V40	Taylor, Richard	Springfield S	09
65	U20	Wright, Jake	Basildon	59	135	V40	Mennell, Simon	Braintree	10
66	V50	Butler, Alan	Thrift Green T	31: 05	136	SM	Clarke, Phil	Tiptree	16
67	V40	Mead, Tony	Benfleet	19	137	V50	Skinner, Ted	Tiptree	16
68	V40	Berrett, Paul	Havering M	24	138	SM	Tull, Mike	Leigh on Sea	18
69	SM	Collins, Neil	Havering M	33	139	V50	Woodley, Roger	Chelmsford	19
70	U20	Bumstead, Paul	Basildon	38	140	V40	West, Mike	Colchester H	21

Essex Cross Country League (2)

<u>Hockley</u>					<u>15-Nov-08</u>					<u>Senior Men</u>				
Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time
141	V50	Bryan, Paul	Colchester H	35:30										
142	V40	Hall, Graham	Orion H	32										
143	V50	Longhurst, Jim	Southend	33										
144	SM	Sell, Gareth	Leigh on Sea	35										
145	V50	Benjamin, Ron	Colchester H	53										
146	SM	Catmull, Julian	Springfield S	36:00										
147	V40	Clark, Paul	Phoenix S	09										
148	V60	Walker, Keith	Billericay S	17										
149	V50	Sergeant, Rob	Loughton	18										
150	V50	Whiffen, Jim	Loughton	33										
151	SM	Green, Mike	Leigh on Sea	37:18										
152	V40	Condron, Brian	Colchester & T	47										
153	V50	Whalley, Terry	Mid Essex C	52										
154	V40	Alexander, Roger	Colchester & T	52										
155	V40	Arthur, J	Thurrock	38:09										
156	V60	Savage, Malcolm	Springfield S	23										
157	V40	Merchant, Roger	Pitsea	25										
158	U20	Fitt, C	Thurrock	27										
159	V40	Ricketts, Henry	Ilford	30										
160	SM	Stapleton, Mike	Southend	31										
161	V40	Hayward, Mike	Mid Essex C	37										
162	V50	McEwan, Joe	Braintree	41										
163	V50	Butcher, Brian	Mid Essex C	39:04										
164	V40	Gillard, Matt	Southend	22										
165	V50	Cole, Roger	Colchester H	26										
166	V50	McLaughlin, Peter	Pitsea	28										
167	V40	Morris, John	Leigh on Sea	34										
168	V40	Cammidge, Chris	Mid Essex C	35										
169	V40	Blundy, Matthew	Loughton	44										
170	V60	Smith, George	Thrift Green T	56										
171	V60	Bent, Chris	Pitsea	40:22										
172	SM	Miller, Danny	Dagenham 88	38										
173	SM	Chaplain, Stuart	Southend	55										
174	SM	Fleming, Roy	Billericay S	41:04										
175	SM	Smale, Geoff	Southend	06										
176	V50	Passingham, Keith	Pitsea	57										
177	V50	McCullagh, Nick	Mid Essex C	42:14										
178	V50	Georgiou, George	Loughton	22										
179	V60	Hobbs, David	Loughton	32										
180	V40	Earney, Derek	Havering M	35										
181	V60	Dedman, Peter	Orion H	43:20										
182	V40	Caulfield, Robert	Braintree	21										
183	V40	Boyes, Simon	Leigh on Sea	44:24										
184	V40	Whiting, Peter	Ilford	43										
185	V60	Adams, Doug	Dagenham 88	45:04										
186	V40	Smith, Bill	Dagenham 88	41										
187	V50	Bullard, Hugh	Springfield S	58										
188	V50	Rant, Robert	Dagenham 88	46:55										
189	SM	Cheal, Paul	Ilford	47:05										
190	SM	Renda, J	Thurrock	29										
191	V60	Dicken, Alan	Orion H	48:18										
192	V50	Davis, Robin	Ilford	26										
193	V40	Cockell, Kevin	Braintree	53:23										

Team Result

1	Basildon	96
2	Colchester H	135
3	Havering M	144
4	Springfield S	161
5	Chelmsford	176
6	Orion H	329
7	Southend	374
8	Thrift Green T	395
9	Ilford	440
10	Thurrock	449
11	Benfleet	480
12	Thurrock	496
13	Leigh on Sea	678
14	Pitsea	837
15	Loughton	852
16	Mid Essex C	862
17	Dagenham 88	930
18	Braintree	803 (5)
19	Billericay S	434 (4)
20	Tiptree	472 (4)
21	West Suffolk	72 (2)
22	Phoenix Striders	147 (1)