POS	POOL A - MEN	TEAM SCORE	Missing
1	Ipswich Jaffa	153	
2	Colchester Harriers	173	
3	Springfield	246	
4	Great Bentley	304	
5	Harwich	342	
6	Witham	564	

	POOL B - MEN		Missing
1	CATs	152	
2	Halstead	398	
3	Braintree	467	
4	Tiptree	469	
5	Mid Essex Casuals	549	

POS	POOL A - WOMEN	TEAM SCORE	Missing
1	Springfield	17	
2	Great Bentley	59	
3	Colchester Harriers	63	
4	Ipswich Jaffa	64	
5	Witham	109	
6	Harwich	168	

	POOL B - WOMEN		Missing
1	Tiptree	51	
2	Halstead	54	
3	CATs	102	
4	Mid Essex Casuals	177	
5	Braintree	196	2

POS	POOL A	M/F COMB	PTS	Missing	Points
1	Springfield	4	6		
2	Ipswich Jaffa	5	5		217
3	Colchester Harriers	5	4		236
4	Great Bentley	6	3		
5	Harwich	11	2		510
6	Witham	11	1		673

	POOL B			Missing	Points
1	CATs	4	5		254
2	Halstead	4	4		452
3	Tiptree	5	3		
4	Mid Essex Casuals	9	2		
5	Braintree	8	1	2	

Penalty per missing runner was 173 for men and 88 for women

LEAGUE POSITIONS

	POOL A	PTS
1	Springfield	12
2	Ipswich Jaffa	9
3	Great Bentley	8
4	Colchester Harriers	5
5=	Witham	4
5=	Harwich	4

	POOL B	PTS
1	CATs	10
2	Halstead	8
3	Mid Essex Casuals	5
4	Tiptree	4
5	Braintree	3

MEN'S RESULTS

Position	Runner	Club	Age Category
1	William Radley	Witham	Senior
2	Harry Tilley	Harwich	Under 18
3	Craig Fiddaman	Ipswich	V40
4	James Morley	Colchester Harriers	Senior
5	Steven Wherrett	Witham	Senior
6	Daniel Borrett	Ipswich	V40
7	Flynn Eyre	Great Bentley	Under 18
8	Jack Wilkinson	Ipswich	V40
9	Cameron Humphries	Colchester Harriers	Senior
10	Daniel Cooper	CATs	Under 18
11	Jonathan Hughes	Springfield	V45
12	Chris Ryan	Colchester Harriers	Senior
13	Matt Thomas	Halstead	Senior
14	Jamie Carter	Harwich	Under 18
15	Jonny Scott	Springfield	Senior
16	Ricky O'Neill	Ipswich	V40
17	Alex Penfold	CATs	Senior
18	Jonathan Nears	Colchester Harriers	V50
19	Keith Tilley	Ipswich	V50
20	Alex Manton	Springfield	V45
21	Luke Fitz John	Springfield	Senior
22	Tommy Marns	CATs	Senior
23	Gerald Buck	CATs	V40
24	Andrew Lanham	Great Bentley	Senior
25	Ethan Wade	Ipswich	Under 18
26	Tom Sheffle	Springfield	Senior
27			
28	Dean Semple	Colchester Harriers	Senior
29	Ben Howard	CATs	Senior
30	Daniel Bade	Braintree	Senior
31	Dan Morgan	Colchester Harriers	Senior
32	Mark Jasper	Great Bentley	V50
33	Paul Spowage	Colchester Harriers	V60
34	Matthew Illsley	Great Bentley	Senior
35	Oliver Vincent	Braintree	Under 18
36	Jed Lawrence	Ipswich	Under 18
37	Simon Gill	Witham	V40
38	Will Vote	Colchester Harriers	V45
39	Jevon Farmery	Colchester Harriers	Senior
40	Owen Broom	Ipswich	Senior
41	Joby Humm	Halstead	V45
42	Jonathan Mann	Great Bentley	V45
43	Richard Tilley	Harwich	V45
44	Jack Howlett	Harwich	Senior
45	David Wright	Great Bentley	V45
46	Jerry Walder	Colchester Harriers	V50
47	James Sullivan	Springfield	V45

Position	Runner	Club	Age Category
48	Daniel King	Colchester Harriers	V40
49	Nick Lawrie	Harwich	V45
50	Barton Rhodes	Tiptree	V50
51	James Fry	CATs	V40
52	Guy Fairweather	Springfield	Senior
53	James Eyre	Great Bentley	V45
54	Dave Walton	Springfield	V55
55	Chris Gardiner	Tiptree	V55
56	Jason Townsend	CATs	V45
57	Adam Wade	Ipswich	V45
58	Andrew Doig	Mid Essex Casuals	V50
59	Ian Cuthbert	Witham	Senior
60	Chris Harvey	CATs	V55
61	Harry Young	Harwich	Senior
62	Laurence Gowers	Halstead	V50
63	Josh Annett	Harwich	Senior
64	Elliot Selby	Colchester Harriers	Senior
65	Lee Goodyear	Colchester Harriers	V45
66	Robin Brookes	Harwich	V55
67	Gerry Gladden	Great Bentley	V45
68	Patrick Beard	Colchester Harriers	Senior
69	Charlie McCarthy	Harwich	V50
70	Steve May	Halstead	V45
71	Paul Cooke	Ipswich	V50
72	Gavin Davies	Ipswich	V45
73	Lee Cousins	Braintree	V50
74	Paul Connell	Colchester Harriers	V55
75	Stuart Collett	Tiptree	V40
76	Simon Day	Harwich	V50
77	Craig Mitchell	Great Bentley	V50
78	Phil Claydon	Springfield	V60
79	Christopher Payne	Harwich	V45
80	Benjamin Leeds	Mid Essex Casuals	V40
81	Kevin Gard	Mid Essex Casuals	V55
82	Paul Gardiner	Colchester Harriers	V55
83	Daniel Meecham	Colchester Harriers	V40
84	Andrew Dagge	Colchester Harriers	V40
85	Joe Barlow	CATs	Senior
86	Matthew Stafford	Colchester Harriers	V45
87	Luke Rolfe-Herbert	CATs	Senior
88	Joseph Dunning	Ipswich	V45
89	Russell Goodridge	Colchester Harriers	V55
90	John Holland	Braintree	V45
91	Simon Peters	Tiptree	V50
92	Philip Wood	CATs	V40
93	Peter Squirrell	Ipswich	V40
94	Michael Leeds	Mid Essex Casuals	V40
95	Ian Rattray	Colchester Harriers	V50
96	Robert Bardell	Tiptree	V55

Position	Runner	Club	Age Category
97	David Lindsay	Springfield	V45
98	David Allen	Great Bentley	V60
99	Darren Green	CATs	V45
100	Stuart Mills	Witham	V50
101	Richard Sambridge	Braintree	V45
102	Glen Head	Tiptree	V55
103	David Cahill	CATs	V60
104	Charles Keitch	Great Bentley	V45
105	Sam Wolton	Halstead	V45
106	Mark Jeffrey	Springfield	V60
107	Josh Roughan	Halstead	Senior
108	Mark Lawes	Tiptree	V55
109	Simon Scott	Witham	V60
110	Myles Coulson	Mid Essex Casuals	V50
111	Matt Trill	Ipswich	V50
112	Alan Jackson	Ipswich	V65
113	Paul Clark	Colchester Harriers	V50
114	Ben Myhill	Great Bentley	V50
115	Chris Servant	Ipswich	V60
116	Julian Catmull	Springfield	V60
117	Richard Green	Witham	V40
118	Daniel Mayes-Dally	Ipswich	Senior
119	James Plant	Colchester Harriers	Senior
120	William Roxby-Clarke	Harwich	Senior
121	Paul Mee	CATs	V60
122	Joe Noack	Colchester Harriers	Senior
123	Marc Lawrence	Ipswich	V55
124	Paul Arnold	Great Bentley	V50
125	Jamie Bennett	Ipswich	V45
126	Daniel Ward	Mid Essex Casuals	V55
127	Martin Riley	Tiptree	V45
128	Scott Peters	Mid Essex Casuals	V55
129	Dean Mcleod	Springfield	V60
130	Mark Ewen	CATs	V50
131	Justin Ruggles	Mid Essex Casuals	V55
132	Ian Sutcliffe	Mid Essex Casuals	V65
133	Ian McDermott	Ipswich	V60
134	Robert King	Tiptree	V70
135	Nicholas Booth	CATs	V50
136	Glen Waller	Witham	V45
137	Martin Holtham-Payne	Tiptree	Senior
138	Ross Boyer	Braintree	V65
139	David Scarfe	Springfield	V45
140	Dave Holdich	Witham	V40
141	Vincent White	Colchester Harriers	V50
142	Martin Cotton	Great Bentley	V55
143	Joshua Banks	Colchester Harriers	Senior
144	Mark Pretty	Harwich	Senior
145	Martin Standen	Harwich	V55

Position	Runner	Club	Age Category
146	Robin Belsom	Ipswich	V65
147	Andy Carter	Halstead	V65
148	Ian Cannons	Harwich	V50
149	Alex Steward	Ipswich	Senior
150	Dan Roughan	Halstead	V45
151	Matt Doran	Harwich	V50
152	Chris Harding	Tiptree	V40
153	Dave Cassin	Tiptree	V55
154	Stephen Hargreaves	Tiptree	V60
155	Lionel Guinea	Mid Essex Casuals	V50
156	David Jobling	Witham	V70
157	Steve Hunt	Colchester Harriers	V65
158	Stuart Hunt	Colchester Harriers	Senior
159	Jason Murrell	Tiptree	V55
160	Martin Claydon	Colchester Harriers	V55
161	Tim Clifton	Great Bentley	V50
162	Andrew Read	Witham	V60
163	Bradley Petchey	Mid Essex Casuals	V45
164	Edward McCreadie	Harwich	V55
165	Christopher Bing	Ipswich	V45
166	Timothy Huxtable	Tiptree	V60
167	Colin Short	Witham	V75
168	Darran Hull	Springfield	V55
169	David Rout	Harwich	V70
170	Patrick Marsh	Colchester Harriers	V60
171	Julian Cordwell	Harwich	V70
172	Ker MacRosson	Ipswich	V70

LADIES' RESULTS

Position	Runner	Club	Age Category
1	Pollyanna Smith	Springfield	Senior
2	Jade Brown	Springfield	Senior
3	Imogen Ovenden	Springfield	Senior
4	Sally Hoyle	Witham	Senior
5	Sarah Evans	Great Bentley	V45
6	Rachael Roughan	Halstead	V45
7	Danielle Mallows	Tiptree	V45
8	Elinor Oliver	Ipswich	Senior
9	Eleanor Clark	Colchester Harriers	V45
10	Annette Oakman	Colchester Harriers	V50
11	Amelia Goodhall	Springfield	Under 18
12	Anna Keeble	Ipswich	Senior
13	Lisa Briggs	Great Bentley	Senior
14	Catherine Hull	Springfield	V50
15	Katie Gibson	Colchester Harriers	V55
16	Cheryl Congram	Great Bentley	V40
17	sabel Alcon Gardne	Halstead	Senior
18	Natasha Smith	Ipswich	Senior
19	Vicky Tapp	CATs	Senior
20	Sam Ambrose	Braintree	V40
21	Rowena de Belligny	Tiptree	V45
22	Lauren Race	Harwich	V40
23	Ruth King	Tiptree	V40
24	nnalise Etheringto	Witham	Senior
25	Claudia Keitch	Great Bentley	V40
26	Lisa Clarke	Ipswich	Senior
27	Angel Jasper	Great Bentley	Under 18
28	Christine Sutcliffe	Mid Essex Casuals	V55
29	lexandra Henness	Colchester Harriers	V50
30	Luz Chavez	Ipswich	V40
31	Anoushka Springet	Halstead	V45
32	Caroline Corney	Tiptree	Senior
33	Kara Brewer	Colchester Harriers	Senior
34	son Briggs-McMull	Colchester Harriers	Senior
35	Rachel Taylor	Great Bentley	V50
36	Tracy Wellsted	Colchester Harriers	V55
37	Liz Stuckey	Witham	V50
38	Jackie Robinson	Tiptree	V55
39	Jessica Gould	Great Bentley	Senior
40	Marion Bennett	Ipswich	V45
41	Stephanie Tew	CATs	V45
42	Millie Yell	CATs	Senior
43			
44	Nadia McLeod	Witham	Senior
45	Natasha Rice	Colchester Harriers	V45
46	Lil O Dea	Harwich	V40
47	Tricia Stacey	Great Bentley	V55

Position	Runner	Club	Age Category
48	Jennifer Carter	Colchester Harriers	V50
49	Genevieve Green	Harwich	Senior
50	Fiona Smith	Ipswich	V45
51	Penny Barrington	Harwich	V55
52	Emma Stollery	Ipswich	V55
53	Wendy Kellett	Ipswich	V55
54	Lisa Loomes	Ipswich	V40
55	Wendy Carter	Halstead	V60
56	Amy Eyo	Witham	Senior
57	Alicia Crane	Colchester Harriers	V40
58	Alison Evans	Harwich	V60
59	Tracy Lawrie	Harwich	V45
60	Sally Banyard	Tiptree	V55
61	Nikki Osborne	Colchester Harriers	V55
62	Hannah Whale	Halstead	V50
63	Coralie Mariaux	CATs	V45
64	Carla Ewen	CATs	V45
65	Kathleen Moore	Tiptree	V45
66	Helen Degiorgio	Tiptree	V45
67	Sarah Brown	CATs	V45
68	Helen Berry	Ipswich	V45
69	Samantha Cooper	CATs	V55
70	Emily Bentley	Halstead	V50
71	Jessica Thompson	Halstead	V40
72	Faye Elliot	Harwich	V40
73	Keeley Swords	CATs	V45
74	Gemma Petchey	Mid Essex Casuals	V40
75	Lorna Pettifer	Mid Essex Casuals	V60
76	Pam Young	CATs	Senior
77	Sarah Roxby-Clarke	Harwich	Senior
78	Kathryn Scrivener	Harwich	V40
79	Karen Flowers	Witham	V55
80	Christina Pretty	Harwich	V65
81	Angela Read	Witham	V60
82	Claire Lucas	Witham	V40
83	Zoe Bardell	Tiptree	V55
84	Jane Roach	Halstead	V55
85	Ella Emberton	Halstead	Senior
86	Natalie Lilley	Witham	V55
87	Lorraine Adams	Great Bentley	V60

MEN'S AGE CATEGORY RESULTS

171 runners | 10 age categories | Categories to review: 0

Ranked by overall finishing position. Blank and zero categories are listed for review; source results unchanged.

Under 18

Category place	Overall position	Runner	Club
1	2	Harry Tilley	Harwich
2	7	Flynn Eyre	Great Bentley
3	10	Daniel Cooper	CATs
4	14	Jamie Carter	Harwich
5	25	Ethan Wade	Ipswich
6	35	Oliver Vincent	Braintree
7	36	Jed Lawrence	Ipswich

Senior

Category place	Overall position	Runner	Club
1	1	William Radley	Witham
2	4	James Morley	Colchester Harriers
3	5	Steven Wherrett	Witham
4	9	Cameron Humphries	Colchester Harriers
5	12	Chris Ryan	Colchester Harriers
6	13	Matt Thomas	Halstead
7	15	Jonny Scott	Springfield
8	17	Alex Penfold	CATs
9	21	Luke Fitz John	Springfield
10	22	Tommy Marns	CATs
11	24	Andrew Lanham	Great Bentley
12	26	Tom Sheffle	Springfield
13	28	Dean Semple	Colchester Harriers
14	29	Ben Howard	CATs
15	30	Daniel Bade	Braintree
16	31	Dan Morgan	Colchester Harriers
17	34	Matthew Illsley	Great Bentley
18	39	Jevon Farmery	Colchester Harriers
19	40	Owen Broom	Ipswich
20	44	Jack Howlett	Harwich
21	52	Guy Fairweather	Springfield
22	59	Ian Cuthbert	Witham
23	61	Harry Young	Harwich
24	63	Josh Annett	Harwich
25	64	Elliot Selby	Colchester Harriers
26	68	Patrick Beard	Colchester Harriers
27	85	Joe Barlow	CATs
28	87	Luke Rolfe-Herbert	CATs
29	107	Josh Roughan	Halstead
30	118	Daniel Mayes-Dally	Ipswich
31	119	James Plant	Colchester Harriers
32	120	William Roxby-Clarke	Harwich
33	122	Joe Noack	Colchester Harriers
34	137	Martin Holtham-Payne	Tiptree
35	143	Joshua Banks	Colchester Harriers
36	144	Mark Pretty	Harwich
37	149	Alex Steward	Ipswich
38	158	Stuart Hunt	Colchester Harriers

V40

Category place	Overall position	Runner	Club
1	3	Craig Fiddaman	Ipswich
2	6	Daniel Borrett	Ipswich
3	8	Jack Wilkinson	Ipswich
4	16	Ricky O'Neill	Ipswich
5	23	Gerald Buck	CATs
6	37	Simon Gill	Witham
7	48	Daniel King	Colchester Harriers
8	51	James Fry	CATs
9	75	Stuart Collett	Tiptree
10	80	Benjamin Leeds	Mid Essex Casuals
11	83	Daniel Meecham	Colchester Harriers
12	84	Andrew Dagge	Colchester Harriers
13	92	Philip Wood	CATs
14	93	Peter Squirrell	Ipswich
15	94	Michael Leeds	Mid Essex Casuals
16	117	Richard Green	Witham
17	140	Dave Holdich	Witham
18	152	Chris Harding	Tiptree

V45

Category place	Overall position	Runner	Club
1	11	Jonathan Hughes	Springfield
2	20	Alex Manton	Springfield
3	38	Will Vote	Colchester Harriers
4	41	Joby Humm	Halstead
5	42	Jonathan Mann	Great Bentley
6	43	Richard Tilley	Harwich
7	45	David Wright	Great Bentley
8	47	James Sullivan	Springfield
9	49	Nick Lawrie	Harwich
10	53	James Eyre	Great Bentley
11	56	Jason Townsend	CATs
12	57	Adam Wade	Ipswich
13	65	Lee Goodyear	Colchester Harriers
14	67	Gerry Gladden	Great Bentley
15	70	Steve May	Halstead
16	72	Gavin Davies	Ipswich
17	79	Christopher Payne	Harwich
18	86	Matthew Stafford	Colchester Harriers
19	88	Joseph Dunning	Ipswich
20	90	John Holland	Braintree
21	97	David Lindsay	Springfield
22	99	Darren Green	CATs
23	101	Richard Sambridge	Braintree
24	104	Charles Keitch	Great Bentley
25	105	Sam Wolton	Halstead
26	125	Jamie Bennett	Ipswich
27	127	Martin Riley	Tiptree
28	136	Glen Waller	Witham
29	139	David Scarfe	Springfield
30	150	Dan Roughan	Halstead
31	163	Bradley Petchey	Mid Essex Casuals
32	165	Christopher Bing	Ipswich

V50

Category place	Overall position	Runner	Club
1	18	Jonathan Nears	Colchester Harriers
2	19	Keith Tilley	Ipswich
3	32	Mark Jasper	Great Bentley
4	46	Jerry Walder	Colchester Harriers
5	50	Barton Rhodes	Tiptree
6	58	Andrew Doig	Mid Essex Casuals
7	62	Laurence Gowers	Halstead
8	69	Charlie McCarthy	Harwich
9	71	Paul Cooke	Ipswich
10	73	Lee Cousins	Braintree
11	76	Simon Day	Harwich
12	77	Craig Mitchell	Great Bentley
13	91	Simon Peters	Tiptree
14	95	Ian Rattray	Colchester Harriers
15	100	Stuart Mills	Witham
16	110	Myles Coulson	Mid Essex Casuals
17	111	Matt Trill	Ipswich
18	113	Paul Clark	Colchester Harriers
19	114	Ben Myhill	Great Bentley
20	124	Paul Arnold	Great Bentley
21	130	Mark Ewen	CATs
22	135	Nicholas Booth	CATs
23	141	Vincent White	Colchester Harriers
24	148	Ian Cannons	Harwich
25	151	Matt Doran	Harwich
26	155	Lionel Guinea	Mid Essex Casuals
27	161	Tim Clifton	Great Bentley

V55

Category place	Overall position	Runner	Club
1	54	Dave Walton	Springfield
2	55	Chris Gardiner	Tiptree
3	60	Chris Harvey	CATs
4	66	Robin Brookes	Harwich
5	74	Paul Connell	Colchester Harriers
6	81	Kevin Gard	Mid Essex Casuals
7	82	Paul Gardiner	Colchester Harriers
8	89	Russell Goodridge	Colchester Harriers
9	96	Robert Bardell	Tiptree
10	102	Glen Head	Tiptree
11	108	Mark Lawes	Tiptree
12	123	Marc Lawrence	Ipswich
13	126	Daniel Ward	Mid Essex Casuals
14	128	Scott Peters	Mid Essex Casuals
15	131	Justin Ruggles	Mid Essex Casuals
16	142	Martin Cotton	Great Bentley
17	145	Martin Standen	Harwich
18	153	Dave Cassin	Tiptree
19	159	Jason Murrell	Tiptree
20	160	Martin Claydon	Colchester Harriers
21	164	Edward McCreadie	Harwich
22	168	Darran Hull	Springfield

V60

Category place	Overall position	Runner	Club
1	33	Paul Spowage	Colchester Harriers
2	78	Phil Claydon	Springfield
3	98	David Allen	Great Bentley
4	103	David Cahill	CATs
5	106	Mark Jeffrey	Springfield
6	109	Simon Scott	Witham
7	115	Chris Servant	Ipswich
8	116	Julian Catmull	Springfield
9	121	Paul Mee	CATs
10	129	Dean Mcleod	Springfield
11	133	Ian McDermott	Ipswich
12	154	Stephen Hargreaves	Tiptree
13	162	Andrew Read	Witham
14	166	Timothy Huxtable	Tiptree
15	170	Patrick Marsh	Colchester Harriers

V65

Category place	Overall position	Runner	Club
1	112	Alan Jackson	Ipswich
2	132	Ian Sutcliffe	Mid Essex Casuals
3	138	Ross Boyer	Braintree
4	146	Robin Belsom	Ipswich
5	147	Andy Carter	Halstead
6	157	Steve Hunt	Colchester Harriers

V70

Category place	Overall position	Runner	Club
1	134	Robert King	Tiptree
2	156	David Jobling	Witham
3	169	David Rout	Harwich
4	171	Julian Cordwell	Harwich
5	172	Ker MacRosson	Ipswich

V75

Category place	Overall position	Runner	Club
1	167	Colin Short	Witham

LADIES' AGE CATEGORY RESULTS

86 runners | 8 age categories | Categories to review: 0

Ranked by overall finishing position. Blank and zero categories are listed for review; source results unchanged.

Under 18

Category place	Overall position	Runner	Club
1	11	Amelia Goodhall	Springfield
2	27	Angel Jasper	Great Bentley

Senior

Category place	Overall position	Runner	Club
1	1	Pollyanna Smith	Springfield
2	2	Jade Brown	Springfield
3	3	Imogen Ovenden	Springfield
4	4	Sally Hoyle	Witham
5	8	Elinor Oliver	Ipswich
6	12	Anna Keeble	Ipswich
7	13	Lisa Briggs	Great Bentley
8	17	Isabel Alcon Gardner	Halstead
9	18	Natasha Smith	Ipswich
10	19	Vicky Tapp	CATs
11	24	Annalise Etherington	Witham
12	26	Lisa Clarke	Ipswich
13	32	Caroline Corney	Tiptree
14	33	Kara Brewer	Colchester Harriers
15	34	Alison Briggs-McMullan	Colchester Harriers
16	39	Jessica Gould	Great Bentley
17	42	Millie Yell	CATs
18	44	Nadia McLeod	Witham
19	49	Genevieve Green	Harwich
20	56	Amy Eyo	Witham
21	76	Pam Young	CATs
22	77	Sarah Roxby-Clarke	Harwich
23	85	Ella Emberton	Halstead

V40

Category place	Overall position	Runner	Club
1	16	Cheryl Congram	Great Bentley
2	20	Sam Ambrose	Braintree
3	22	Lauren Race	Harwich
4	23	Ruth King	Tiptree
5	25	Claudia Keitch	Great Bentley
6	30	Luz Chavez	Ipswich
7	46	Lil O Dea	Harwich
8	54	Lisa Loomes	Ipswich
9	57	Alicia Crane	Colchester Harriers
10	71	Jessica Thompson	Halstead
11	72	Faye Elliot	Harwich
12	74	Gemma Petchey	Mid Essex Casuals
13	78	Kathryn Scrivener	Harwich
14	82	Claire Lucas	Witham

V45

Category place	Overall position	Runner	Club
1	5	Sarah Evans	Great Bentley
2	6	Rachael Roughan	Halstead
3	7	Danielle Mallows	Tiptree
4	9	Eleanor Clark	Colchester Harriers
5	21	Rowena de Belligny	Tiptree
6	31	Anoushka Springett	Halstead
7	40	Marion Bennett	Ipswich
8	41	Stephanie Tew	CATs
9	45	Natasha Rice	Colchester Harriers
10	50	Fiona Smith	Ipswich
11	59	Tracy Lawrie	Harwich
12	63	Coralie Mariaux	CATs
13	64	Carla Ewen	CATs
14	65	Kathleen Moore	Tiptree
15	66	Helen Degiorgio	Tiptree
16	67	Sarah Brown	CATs
17	68	Helen Berry	Ipswich
18	73	Keeley Swords	CATs

V50

Category place	Overall position	Runner	Club
1	10	Annette Oakman	Colchester Harriers
2	14	Catherine Hull	Springfield
3	29	Alexandra Hennessy	Colchester Harriers
4	35	Rachel Taylor	Great Bentley
5	37	Liz Stuckey	Witham
6	48	Jennifer Carter	Colchester Harriers
7	62	Hannah Whale	Halstead
8	70	Emily Bentley	Halstead

V55

Category place	Overall position	Runner	Club
1	15	Katie Gibson	Colchester Harriers
2	28	Christine Sutcliffe	Mid Essex Casuals
3	36	Tracy Wellsted	Colchester Harriers
4	38	Jackie Robinson	Tiptree
5	47	Tricia Stacey	Great Bentley
6	51	Penny Barrington	Harwich
7	52	Emma Stollery	Ipswich
8	53	Wendy Kellett	Ipswich
9	60	Sally Banyard	Tiptree
10	61	Nikki Osborne	Colchester Harriers
11	69	Samantha Cooper	CATs
12	79	Karen Flowers	Witham
13	83	Zoe Bardell	Tiptree
14	84	Jane Roach	Halstead
15	86	Natalie Lilley	Witham

V60			
Category place	**Overall position**	**Runner**	**Club**
1	55	Wendy Carter	Halstead
2	58	Alison Evans	Harwich
3	75	Lorna Pettifer	Mid Essex Casuals
4	81	Angela Read	Witham
5	87	Lorraine Adams	Great Bentley

V65			
Category place	**Overall position**	**Runner**	**Club**
1	80	Christina Pretty	Harwich