

Position	Bib	Name First	Name Last	Chip Time	Division	Division Place	Gender Place
1	16	Max	Stapleton	00:34:09	M 0-44	1 / [66]	1
2	2	Rhys	Gillard	00:34:17	M 0-44	2 / [66]	2
3	13	Oliver	Randall	00:34:37	M 0-44	3 / [66]	3
4	8	Luke	Randall	00:35:14	M 0-44	4 / [66]	4
5	3	Lee	Taylor	00:35:25	M 45-59	1 / [83]	5
6	1	Shane	Boxall	00:36:03	M 0-44	5 / [66]	6
7	15	Matt	Randall	00:36:42	M 45-59	2 / [83]	7
8	10	Robin	Mohseni	00:37:05	M 0-44	6 / [66]	8
9	7	Toby	Draper	00:37:33	M 45-59	3 / [83]	9
10	11	Elliott	Carter	00:37:53	M 0-44	7 / [66]	10
11	14	Jack	Martin	00:38:08	M 0-44	8 / [66]	11
12	9	John	Staunton	00:38:30	M 0-44	9 / [66]	12
13	23	Lindsey	Colman	00:38:31	F 0-44	1 / [57]	1
14	26	Jack	Whitaker	00:38:36	M 0-44	10 / [66]	13
15	27	Ben	Brooks	00:38:50	M 0-44	11 / [66]	14
16	17	Oliver	Frost	00:39:00	M 0-44	12 / [66]	15
17	4	Michael	Wilkes	00:39:54	M 0-44	13 / [66]	16
18	18	Lee	Heley	00:40:39	M 45-59	4 / [83]	17
19	391	Charlotte	Brooks	00:41:03	F 0-44	2 / [57]	2
20	203	Eleanor	Johnson	00:41:04			3
21	19	Richard	Bonham	00:41:40	M 45-59	5 / [83]	18
22	25	Adam	Lysons	00:41:47	M 45-59	6 / [83]	19
23	320	Toby	Stubbington	00:42:10	M 45-59	7 / [83]	20
24	31	Martin	Holland	00:42:13	M 0-44	14 / [66]	21
25	6	Dave	Blainey	00:42:14	M 0-44	15 / [66]	22
26	245	Daniel	Kudla	00:42:16	M 0-44	16 / [66]	23
27	43	Georgia	Brown	00:42:27	F 0-44	4 / [57]	4
28	5	Adam	Dean	00:42:38	M 0-44	17 / [66]	24
29	28	Emmanuel	Brousse	00:42:42	M 45-59	8 / [83]	25
30	396	David	Patten	00:42:54	M 0-44	18 / [66]	26
31	21	Kieran	Neary	00:42:58	M 0-44	19 / [66]	27
32	33	Andy	Badger	00:43:15	M 45-59	9 / [83]	28
33	34	Jason	Taylor	00:43:24	M 45-59	10 / [83]	29
34	148	Steve	Cooper	00:43:56	M 60-99	1 / [19]	30
35	42	Lee-Anne	Cann	00:43:57	F 45-59	1 / [40]	5
36	371	Stuart	Mulchinock	00:43:59	M 0-44	20 / [66]	31
37	167	Geoffrey	Dickson	00:44:23	M 0-44	21 / [66]	32
38	35	Gary	Rowlatt	00:44:25	M 45-59	11 / [83]	33
39	223	John	Holland	00:44:29	M 0-44	22 / [66]	34
40	231	Neil	Hubbard	00:44:48	M 0-44	23 / [66]	35
41	171	Matt	Eaton	00:44:55	M 0-44	24 / [66]	36
42	109	Danny	Baker	00:45:13	M 0-44	25 / [66]	37
43	130	Raymond	Brooks	00:45:16	M 45-59	12 / [83]	38
44	176	Grant	England	00:45:23	M 0-44	26 / [66]	39
45	229	Martin	Howlett	00:45:23	M 0-44	27 / [66]	40
46	137	David	Byrne	00:45:24	M 0-44	28 / [66]	41
47	317	Richard	Stockwell	00:45:39	M 45-59	13 / [83]	42
48	257	Martin	Longhurst	00:45:45	M 45-59	14 / [83]	43

49	337	Rick	Wade	00:45:57	M 45-59	15 / [83]	44
50	291	Adam	Poulton	00:46:03	M 45-59	16 / [83]	45
51	398	Edward	Sothcott	00:46:14	M 45-59	17 / [83]	46
52	327	Simon	Taylor	00:46:15	M 45-59	18 / [83]	47
53	41	Rebecca	Taylor	00:46:17	F 45-59	2 / [40]	6
54	351	Ian	Wilson	00:46:23	M 45-59	19 / [83]	48
55	215	Joe	Hayward	00:46:30	M 0-44	29 / [66]	49
56	149	Neil	Cornelius	00:46:32	M 45-59	20 / [83]	50
57	343	Andrew	Wayman	00:46:32	M 45-59	21 / [83]	51
58	332	Tim	Tomlins	00:46:36	M 45-59	22 / [83]	52
59	315	Mike	Stapleton	00:46:37	M 45-59	23 / [83]	53
60	102	Paul	Agastina	00:46:40	M 45-59	24 / [83]	54
61	126	Alice	Brackley	00:46:52	F 0-44	5 / [57]	7
62	175	Jamie	Enever-dodd	00:47:02	M 0-44	30 / [66]	55
63	38	Paul	Morris	00:47:16	M 60-99	2 / [19]	56
64	104	Matthew	Aitken	00:47:23	M 45-59	25 / [83]	57
65	209	Peter	Harley	00:47:26	M 60-99	3 / [19]	58
66	355	Ian Woolley	Woolley	00:47:37	M 60-99	4 / [19]	59
67	162	Darren	Latter	00:47:38	M 45-59	26 / [83]	60
68	388	Chris	Webster	00:47:39	M 0-44	31 / [66]	61
69	341	Philip	Warner	00:47:40	M 45-59	27 / [83]	62
70	377	Neil	Thompson	00:47:40	M 0-44	32 / [66]	63
71	300	Lloyd	Rowe	00:47:51	M 0-44	33 / [66]	64
72	393	Bobby	Robertson	00:47:55	M 0-44	34 / [66]	65
73	389	David	Pratt	00:48:00	M 45-59	28 / [83]	66
74	279	Martin	Orford	00:48:09	M 45-59	29 / [83]	67
75	244	Kasia	Kostyrka-Allchorne	00:48:10	F 0-44	6 / [57]	8
76	296	Kristina	Read	00:48:14	F 0-44	7 / [57]	9
77	141	Ellie	Williams	00:48:19	F 0-44	8 / [57]	10
78	194	Simon	Gibson	00:48:19	M 0-44	35 / [66]	68
79	44	Jacqui	Watson	00:48:31	F 45-59	3 / [40]	11
80	187	Aaron	Freeman	00:48:36	M 0-44	36 / [66]	69
81	217	Steve	Healey	00:48:37	M 45-59	30 / [83]	70
82	326	Michael	Taylor	00:48:49	M 0-44	37 / [66]	71
83	226	Jonathan	Holt	00:48:53	M 0-44	38 / [66]	72
84	313	Sally	Smith	00:48:58	F 45-59	4 / [40]	12
85	346	Colin	White	00:49:05	M 45-59	31 / [83]	73
86	118	David	Beatty	00:49:07	M 45-59	32 / [83]	74
87	195	Tina	Golubeva	00:49:16	F 0-44	9 / [57]	13
88	227	Mike	Hopkins	00:49:20	M 45-59	33 / [83]	75
89	224	Duncan	Holland	00:49:27	M 45-59	34 / [83]	76
90	103	Tony	Agg	00:49:39	M 45-59	35 / [83]	77
91	350	Carl	Williams	00:49:48	M 45-59	36 / [83]	78
92	293	James	Price	00:49:52	M 45-59	37 / [83]	79
93	45	ZoÃ«	Randall	00:49:52	F 45-59	5 / [40]	14
94	122	Joanne	Bolter	00:49:54	F 45-59	6 / [40]	15
95	324	Warren	Sutton	00:50:01	M 45-59	38 / [83]	80
96	366	Justin	King	00:50:21	M 45-59	39 / [83]	81
97	213	Holly	Harris	00:50:32	F 0-44	10 / [57]	16
98	121	David	Blockley	00:50:35	M 45-59	40 / [83]	82

99	150	Lisa	Cornell	00:50:37	F 0-44	11 / [57]	17
100	193	Gary	Rowley	00:50:43	M 0-44	39 / [66]	83
101	382	Jon	Leek	00:50:44	M 45-59	41 / [83]	84
102	270	Jason	Mitchell	00:50:44	M 45-59	42 / [83]	85
103	164	Andy	Deacon	00:50:45	M 45-59	43 / [83]	86
104	204	Greg	Hall	00:51:00	M 45-59	44 / [83]	87
105	136	Steven	Butler	00:51:01	M 0-44	40 / [66]	88
106	184	Steve	Flin	00:51:16	M 0-44	41 / [66]	89
107	185	Alex	Flin	00:51:27	M 0-44	42 / [66]	90
108	277	Paul	Omer	00:51:34	M 45-59	45 / [83]	91
109	40	Mark	Freeman	00:51:39	M 60-99	5 / [19]	92
110	147	Vic	Conran	00:51:51	M 45-59	46 / [83]	93
111	392	Hayley	Brown	00:51:58	F 0-44	12 / [57]	18
112	312	Gareth	Smith	00:52:03	M 0-44	43 / [66]	94
113	197	Michael	Gould	00:52:09	M 0-44	44 / [66]	95
114	299	Mark	Robertson	00:52:09	M 60-99	6 / [19]	96
115	360	Samantha	Brown	00:52:12	F 0-44	13 / [57]	19
116	368	Joao	Mazive	00:52:15	M 45-59	47 / [83]	97
117	352	Jon	Wood	00:52:17	M 45-59	48 / [83]	98
118	387	Andrew	Tietjen	00:52:21	M 45-59	49 / [83]	99
119	131	Tim	Burley	00:52:23	M 45-59	50 / [83]	100
120	228	Victoria	Hopkins	00:53:03	F 0-44	14 / [57]	20
121	248	Nicola	Lee	00:53:16	F 0-44	15 / [57]	21
122	283	Phil	Parry	00:53:17	M 45-59	51 / [83]	101
123	128	Andrew	Briffett	00:53:17	M 45-59	52 / [83]	102
124	263	Adrian	Mathers	00:53:25	M 45-59	53 / [83]	103
125	232	Chris	Hyde	00:53:30	M 45-59	54 / [83]	104
126	340	Tim	Ward	00:53:31	M 45-59	55 / [83]	105
127	266	James	McBride	00:53:32	M 45-59	56 / [83]	106
128	216	Steve	Woodards	00:53:58	M 0-44	45 / [66]	107
129	230	Kate	Howlett	00:54:13	F 45-59	7 / [40]	22
130	362	Amber	Conran	00:54:14	F 0-44	16 / [57]	23
131	383	Joyce	Golder	00:54:26	F 45-59	8 / [40]	24
132	143	Robyn	Childs	00:54:28	F 0-44	17 / [57]	25
133	210	Luke	Harper	00:54:33	M 0-44	46 / [66]	108
134	378	Chloe	Thompson-Booth	00:54:41	F 0-44	18 / [57]	26
135	177	Martin	England	00:54:43	M 45-59	57 / [83]	109
136	151	Richard	Cory	00:54:48	M 45-59	58 / [83]	110
137	152	Elaine	Cory	00:54:49	F 0-44	19 / [57]	27
138	140	Thomas	Carswell	00:55:08	M 0-44	47 / [66]	111
139	303	Sanjeev	Sharma	00:55:09	M 0-44	48 / [66]	112
140	36	Donald	Sinclair	00:55:13	M 60-99	7 / [19]	113
141	385	David	Hudson	00:55:14	M 45-59	59 / [83]	114
142	302	John	Scarfe	00:55:19	M 60-99	8 / [19]	115
143	395	Nina	Wu	00:55:48	F 0-44	20 / [57]	28
144	316	Allan	Steel	00:55:50	M 0-44	49 / [66]	116
145	169	Rob	Dunn	00:55:53	M 45-59	60 / [83]	117
146	285	Jo	Pearce	00:56:01	F 45-59	9 / [40]	29
147	318	Zoe	Storrar	00:56:03	F 0-44	21 / [57]	30
148	170	Louise	Norris	00:56:14	F 0-44	22 / [57]	31

149	207	Laura	Hardy	00:56:20	F 0-44	23 / [57]	32
150	200	Daniel	Groom	00:56:23	M 45-59	61 / [83]	118
151	135	Tina	Burton	00:56:30	F 45-59	10 / [40]	33
152	134	Justin	Burton	00:56:30	M 45-59	62 / [83]	119
153	284	Moneil	Patel	00:56:30	M 0-44	50 / [66]	120
154	238	Chris	Johnson	00:56:31	M 45-59	63 / [83]	121
155	120	Ruth	Billinge	00:56:36	F 0-44	24 / [57]	34
156	212	Lara	Harradine	00:56:37	F 45-59	11 / [40]	35
157	168	Nick	Gorman	00:56:44	M 45-59	64 / [83]	122
158	106	Samantha	Alexander	00:56:52	F 45-59	12 / [40]	36
159	132	Vanessa	Burns	00:56:53	F 0-44	25 / [57]	37
160	205	Deborah	Hall	00:56:56	F 0-44	26 / [57]	38
161	321	Chris	Sullivan	00:57:04	M 0-44	51 / [66]	123
162	353	Malcolm.	Woodhouse	00:57:05	M 60-99	9 / [19]	124
163	367	Tommy	Lambourne	00:57:14	M 0-44	52 / [66]	125
164	39	Gary	Clifford	00:57:21	M 60-99	10 / [19]	126
165	380	Sarah	Harriss	00:57:27	F 0-44	27 / [57]	39
166	381	Dean	Harriss	00:57:27	M 0-44	53 / [66]	127
167	384	Jon	Furlong	00:57:36	M 0-44	54 / [66]	128
168	373	Shaun	Neish	00:57:49	M 0-44	55 / [66]	129
169	206	Andrew	Halling	00:57:51	M 60-99	11 / [19]	130
170	249	Sam	Lee	00:58:01	F 0-44	28 / [57]	40
171	399	Aaron	Whittaker	00:58:04	M 0-44	56 / [66]	131
172	254	Emma	Lewis	00:58:04	F 0-44	29 / [57]	41
173	237	Mandy	Jennings	00:58:08	F 0-44	30 / [57]	42
174	127	Lewis	Baines	00:58:11	M 0-44	57 / [66]	132
175	319	Adam	Stow	00:58:21	M 45-59	65 / [83]	133
176	288	Faatemah	Piperdy	00:58:22	F 0-44	31 / [57]	43
177	379	Michael	Simpkins	00:58:25	M 45-59	66 / [83]	134
178	328	Phil	Terry	00:58:36	M 60-99	12 / [19]	135
179	269	Claire	Medhurst	00:58:36	F 0-44	32 / [57]	44
180	138	Amy	Calderwood	00:58:36	F 0-44	33 / [57]	45
181	280	Kelly	Paddison	00:58:36	F 0-44	34 / [57]	46
182	251	Laurence	Levine	00:58:37	M 45-59	67 / [83]	136
183	172	James	Edwards	00:58:37	M 45-59	68 / [83]	137
184	199	Tony	Griffin	00:58:42	M 45-59	69 / [83]	138
185	354	Adam	Woollard	00:59:01	M 45-59	70 / [83]	139
186	311	Amanda	Skeggs	00:59:17	F 45-59	13 / [40]	47
187	219	Mark	Hembling	00:59:43	M 45-59	71 / [83]	140
188	46	Helen	Williams	00:59:47	F 60-99	1 / [8]	48
189	376	Derek	Appleton	01:00:19	M 60-99	13 / [19]	141
190	144	Brian	Collins	01:00:27	M 45-59	72 / [83]	142
191	342	Tim	Watts	01:00:37	M 45-59	73 / [83]	143
192	48	Jan	Grover	01:00:37	F 60-99	2 / [8]	49
193	301	Edward	Sainsbury	01:00:38	M 0-44	58 / [66]	144
194	166	Nicoletta	D'Elia	01:00:47	F 0-44	35 / [57]	50
195	386	Roy	Guit	01:00:52	M 45-59	74 / [83]	145
196	220	Thomas	Hickey	01:01:01	M 0-44	59 / [66]	146
197	359	Claire	Young	01:01:01	F 45-59	14 / [40]	51
198	358	Niki	Young	01:01:01	F 0-44	36 / [57]	52

199	221	Katherine	Hickey	01:01:02	F 0-44	37 / [57]	53
200	50	Marion	Breeze	01:01:13	F 60-99	3 / [8]	54
201	397	Annabel	Lewis	01:01:18	F 0-44	38 / [57]	55
202	271	Mark	Moughton	01:01:21	M 60-99	14 / [19]	147
203	129	Craig	Brittney	01:01:33	M 45-59	75 / [83]	148
204	286	Mark	Pearce	01:01:49	M 45-59	76 / [83]	149
205	214	Gillian	Harrison	01:01:52	F 60-99	4 / [8]	56
206	264	Liz	May	01:02:05	F 0-44	39 / [57]	57
207	309	Deborah	Shynn	01:02:05	F 45-59	15 / [40]	58
208	330	James	Tickett	01:02:17	M 0-44	60 / [66]	150
209	211	Debbie	Harper	01:02:20	F 45-59	16 / [40]	59
210	208	Gary	Harford	01:02:37	M 60-99	15 / [19]	151
211	336	Claire	Victory	01:02:44	F 45-59	17 / [40]	60
212	233	Lisa	Hyde	01:03:19	F 45-59	18 / [40]	61
213	218	Amanda	Brady	01:03:19	F 45-59	19 / [40]	62
214	372	James	Musgrove	01:03:56	M 0-44	61 / [66]	152
215	314	Debbie	Sothcott	01:03:58	F 0-44	40 / [57]	63
216	400	Catherine	Downhill	01:04:06	F 0-44	41 / [57]	64
217	115	Helen	Bryant	01:04:06	F 45-59	20 / [40]	65
218	125	Danielle	Lamb	01:04:06	F 45-59	21 / [40]	66
219	157	Jenny	Crouch	01:04:22			67
220	192	Thomas	Fyfe	01:04:48	M 0-44	62 / [66]	153
221	256	Nick	Ljustina	01:05:08	M 0-44	63 / [66]	154
222	294	Darren	Radford	01:05:12	M 45-59	77 / [83]	155
223	329	Chris	Thomas	01:05:14	M 0-44	64 / [66]	156
224	110	Edward John	Baker	01:05:20	M 60-99	16 / [19]	157
225	111	Fiona	Baker	01:05:20	F 45-59	22 / [40]	68
226	49	Janet	Head	01:05:37	F 60-99	5 / [8]	69
227	292	Hannah	Preedy	01:06:04	F 0-44	43 / [57]	70
228	259	Kate	Marshall	01:06:18	F 45-59	23 / [40]	71
229	260	Fraser	Marshall	01:06:22	M 45-59	78 / [83]	158
230	365	Andrea	Head	01:07:17	F 45-59	24 / [40]	72
231	255	Lisa	Mott	01:07:18	F 0-44	44 / [57]	73
232	375	Dave	Quinn	01:07:51	M 45-59	79 / [83]	159
233	159	Ray	Crudgington	01:07:51	M 45-59	80 / [83]	160
234	160	Ros	Crudgington	01:07:52	F 45-59	25 / [40]	74
235	145	Mark	Collins	01:07:52	M 45-59	81 / [83]	161
236	133	Julie	Burns	01:07:52	F 45-59	26 / [40]	75
237	369	Emma	Miller	01:07:54	F 45-59	27 / [40]	76
238	179	Joanna	Fenn	01:07:54	F 45-59	28 / [40]	77
239	154	Robert	Courtier	01:07:54	M 60-99	17 / [19]	162
240	347	Chloe	White	01:07:56	F 0-44	45 / [57]	78
241	155	Steven	Crabbe	01:08:05	M 0-44	65 / [66]	163
242	123	Rowena	Booth	01:08:16	F 0-44	46 / [57]	79
243	183	Emma	Flin	01:08:35	F 0-44	47 / [57]	80
244	186	Bethany	Flin	01:08:35	F 0-44	48 / [57]	81
245	240	Lorraine	Joyce	01:09:04	F 45-59	29 / [40]	82
246	161	Kathryn	Curtis	01:09:11	F 45-59	30 / [40]	83
247	394	Nerys	Aylen	01:09:11	F 0-44	49 / [57]	84
248	282	Martin	Parish	01:09:12	M 45-59	82 / [83]	164

249	339	Claire	Walsh	01:09:14	F 45-59	31 / [40]	85
250	47	Beverly	Markham	01:09:41	F 60-99	6 / [8]	86
251	287	Daniel	Pincham-Phipps	01:09:42	M 60-99	18 / [19]	165
252	202	Alison	Hagon	01:10:11	F 0-44	50 / [57]	87
253	189	Alison	Fryatt	01:10:28	F 45-59	32 / [40]	88
254	101	Claire	Adamson	01:10:45	F 45-59	33 / [40]	89
255	165	Sherry	Moran	01:10:45	F 45-59	34 / [40]	90
256	156	Stephen	Cranfield	01:11:35	M 0-44	66 / [66]	166
257	250	Ali	Lee	01:12:29	F 0-44	51 / [57]	91
258	198	Dawn	Gould	01:12:44	F 0-44	52 / [57]	92
259	180	Suzanne	Figgins	01:12:45	F 45-59	35 / [40]	93
260	278	Sara	Omer	01:12:45	M 45-59	83 / [83]	167
261	281	Victoria	Pallen	01:14:10	F 45-59	36 / [40]	94
262	370	Emma	Miller	01:14:47	F 45-59	37 / [40]	95
263	363	Samantha	Dalgarno	01:14:47	F 45-59	38 / [40]	96
264	334	Katherine	Tsang-Orr	01:15:14	F 0-44	53 / [57]	97
265	333	Diane	Treadwell	01:16:49	F 45-59	39 / [40]	98
266	105	Julie	Aldridge	01:16:49	F 45-59	40 / [40]	99
267	290	Jenna	Porter	01:18:44	F 0-44	54 / [57]	100
268	116	Karen	Batt	01:18:44	F 0-44	55 / [57]	101
269	276	Elaine	Oddie	01:22:05	F 60-99	7 / [8]	102
270	113	Michael	Ball	01:23:42	M 60-99	19 / [19]	168
271	139	Maggie	Campbell-Freeman	01:26:36	F 60-99	8 / [8]	103
272	289	Catherine	Popplewell	01:26:36	F 0-44	56 / [57]	104
273	247	Keeley	Ledger	01:26:36	F 0-44	57 / [57]	105

Team

Southend-on-Sea AC
Southend-on-Sea AC
Southend-on-Sea AC
Southend-on-Sea AC
Southend-on-Sea AC
Southend-on-Sea AC
Southend-on-Sea AC
Billericay Striders RC
Thurrock Harriers AC
Leigh-on-Sea Striders

Southend-on-Sea AC
Southend-on-Sea AC
Southend-on-Sea AC
East Essex Triathlon Club

Leigh-on-Sea Striders
East Essex Triathlon Club

Castle Point Joggers
Leigh-on-Sea Striders
Leigh-on-Sea Striders

Leigh-on-Sea Striders
Leigh-on-Sea Striders
Southend-on-Sea AC
Leigh-on-Sea Striders
Leigh-on-Sea Striders
Leigh-on-Sea Striders
Leigh-on-Sea Striders
Castle Point Joggers
Rochford Endurance & Distance

Southend-on-Sea AC

RunThrough RC
Thurrock Harriers AC
Braintree & District AC
Leigh-on-Sea Striders

East Essex Triathlon Club
Billericay Striders RC

JBR Run & Tri Club
Kingswood Running Club

Castle Point Joggers

100 Marathon Club
Southend-on-Sea AC
Rochford RC

Hockley Trail Runners
Rochford Endurance & Distance
East Essex Triathlon Club
Southend-on-Sea AC
Pitsea RC
Castle Point Joggers
Phoenix Striders

East Essex Triathlon Club
East Essex Triathlon Club

Rochford Endurance & Distance
Rochford Endurance & Distance
Phoenix Striders
Leigh-on-Sea Striders
Castle Point Joggers
Pitsea RC

Pitsea RC
Southend-on-Sea AC
Phoenix Striders

Benfleet RC
Havering '90 Joggers
Pitsea RC
East Essex Triathlon Club

Billericay Striders RC
Pitsea RC
Pitsea RC
Castle Point Joggers
Benfleet RC
Billericay Striders RC

Pitsea RC

Leigh-on-Sea Striders

Southend-on-Sea AC
Leigh-on-Sea Striders
Leigh-on-Sea Striders

Leigh-on-Sea Striders

Leigh-on-Sea Striders

Leigh-on-Sea Striders

Pitsea RC

Castle Point Joggers

Pitsea RC

Rochford Endurance & Distance

Rochford RC

East Essex Triathlon Club

Hockley Trail Runners

Castle Point Joggers

Phoenix Striders

Pitsea RC

Barking Road Runners

Rochford RC

Leigh-on-Sea Striders

Castle Point Joggers

Lonely Goat RC

Havering '90 Joggers

Pitsea RC

Benfleet RC

Springfield Striders RC

Billericay Striders RC

Phoenix Striders

Leigh-on-Sea Striders

Havering '90 Joggers

Castle Point Joggers
Castle Point Joggers
Central Park Athletics

1066 Triathletes
Havering '90 Joggers

Zoom Tri Club

East Essex Triathlon Club

Castle Point Joggers

Barking Road Runners

Flyers Southend
JBR Run & Tri Club

Pitsea RC
Pitsea RC
Leigh-on-Sea Striders
Zero to Hero Runners

Pitsea RC

Castle Point Joggers

Pitsea RC
Phoenix Striders

Benfleet RC

Hockley Trail Runners

Pitsea RC

Springfield Striders RC
JBR Run & Tri Club

AAA of England
Kingswood Running Club
Kingswood Running Club

Castle Point Joggers
Barking Road Runners
Southend-on-Sea AC
JBR Run & Tri Club
JBR Run & Tri Club

Leigh-on-Sea Striders

Pudsey Pacers RC
Havering '90 Joggers
Havering '90 Joggers

Pitsea RC

Grantham Running Club
Grantham Running Club

Castle Point Joggers

Barking Road Runners
Billericay Striders RC
Lonely Goat RC
East Essex Triathlon Club
East Essex Triathlon Club

UK Athletics

UK Athletics
Castle Point Joggers

Barking Road Runners
East End RRC

Pitsea RC
Pitsea RC
Pitsea RC

Castle Point Joggers

Road Runners Club
Barking Road Runners