

Male Team

Pos.	Club	20 Miles	Marathon	10K	5 Miles	1/2 Marathon
1	Braintree & District AC	8		9	8	9
2	City of Southend AC	9		10		10
	Colchester Harriers AC	7		8	9	7
4	Springfield Striders	10	6	6	3	5
5	Orion Harriers			7	6	6
	Witham RC	5	10	4	2	
7	Grange Farm & Dunmow R	3		3	7	1
8	Ilford AC			5	10	3
9	City of Southend AC B	6				8
10	Halstead Road Runners	4	8			
11	Benfleet RC				5	2
12	Tiptree Road Runners		9			
13	Mid-Essex Casuals		7			
	Orion Harriers B			2	1	4
15	Billericay Striders	2				
16	Halstead Road Runners B		5			
17	Halstead Road Runners C		4			
	Thurrock Harriers AC				4	
19	Witham RC B					
20	Leigh on Sea Striders	1				
	Harlow Running Club & Tri			1		

10miles

Total

10	44
9	38
7	38
	30
8	27
6	27
5	19
	18
	14
1	13
3	10
	9
	7
	7
4	6
	5
	4
	4
2	2
	1
	1

Male Open

Pos.	Name	Club	20 Miles	Marathon	10K
1	Shane Boxall	City of Southend AC	22	25	19
2	Conor Culham	Braintree & District AC	19	24	10
3	Peter Coates	Braintree & District AC			22
4	Aaron Graves	Tiptree Road Runners		23	3
5	Kurtis Swan	Braintree & District AC	20		
6	James Rygate	Braintree & District AC			13
7	Dean Williamson	Colchester Harriers AC			24
	Jack Nixon	Ilford AC			23
9	Pete Robinson	Springfield Striders	25		21
10	Arron Clark	Grange Farm & Dunmow R	14		2
	Lee Taylor	City of Southend AC	6		4
	Stephen Kirsh	City of Southend AC	16		
13	Oliver Randall	City of Southend AC	18		9
14	James Morley	Colchester Harriers AC			17
	Martin Westley	Harlow Running Club & Tri	4		0
16	Kim Bowling	Colchester Harriers AC	21		
17	Nick Harris-fry	Orion Harriers			14
18	Richard Williams	Grange Farm & Dunmow Runners			0
19	Brian Jenkins	Orion Harriers			0
20	Adam Hickey	City of Southend AC			
	Christian Holmes	City of Southend AC			11
	James Connor	Havering AC			25
	Stephen Strange	Tonbridge AC			
24	Bob Glasgow	Orion Harriers			0
	Josh Entwistle	Woodford Green with Esse	24		
26	Chander Dhillon	Thurrock Harriers AC			
	Paul Molyneux	Springfield Striders	23		
	Scott Cousins	Springfield Striders			
29	Danny Beazley	Bishops Stortford RC		22	
	Rhys Gillard	City of Southend AC			
31	Alex Richards	Ilford AC			
	Ben Whyte	Colchester Harriers AC			
	Giles Sowerby	Witham RC	0	21	
34	Adrian Mussett	Colchester Harriers AC			
	Keith Luxon	Benfleet RC		20	
	Sam Norris	City of Southend AC			20
37	Jamie Davidson	Witham RC		19	
38	Ash Harrell	Highgate Harriers			18
	Jerry Walder	Colchester Harriers AC	0	18	0
	Tom Gardner	Ilford AC			
41	Gareth Carey	Springfield Striders			
	James Arnold	Benfleet RC			
	James Howlett	Eton Manor AC		17	
	Jose Rodriguez	East London Runners			

	Pat Walsh	City of Southend AC	17		
46	Ben Felton	Chelmsford AC			16
	Chris Ryan	Colchester Harriers AC			
	Michael Valbonesi	Benfleet RC	0	16	0
	Paul Miles	Springfield Striders			7
50	Cameron Humphries	Colchester Harriers AC	15		
	Heydon Mizon	Witham RC	8		0
	Sammo Nigh	Springfield Striders		15	
	Thomas Beedell	Woodford Green with Essex Ladies AC			15
	William Wu	Billericay Striders	7		
55	Peter Banks	Tiptree Road Runners		14	
56	Jonathan Hughes	Springfield Striders	13		
	Terry Knightley	Ilford AC		13	0
58	Alex Manton	Springfield Striders	12		
	Leo Cole	Witham RC		12	
	Shay Joyce	Orion Harriers			
	William Radley	Witham RC			12
62	Chris Stevenson	Colchester Harriers AC	0	11	0
	Jason Leeds	Braintree & District AC	11		
64	Benjamin Leeds	Mid-Essex Casuals		10	
	David Fewell	Chelmsford AC	10		
66	Ben Ryder	Halstead Road Runners	5		
	Damien Walsh	Witham RC			0
	Michael Woodward	Pitsea RC		9	
	Thomas Walsh	City of Southend AC	9		
70	George Smith	Grange Farm & Dunmow Runners			0
	James North	Halstead Road Runners	0	8	0
	Mark Boulton	Victoria Park & Tower Hamlets AC			8
	Nick Barker	Loughton AC			1
74	Mathew Hutley	Halstead Road Runners		7	
75	Chris Lloyd	Halstead Road Runners			0
	Nick Shasha	Orion Harriers			6
	Sam Rahman	Ilford AC			
	Stephen Chissell	Ilford AC		6	
79	Ben Brown	Halstead Road Runners		5	
	Jack Shury	Harlow Running Club & Tri	0		
	James Blogg	Havering AC			
	Lee Martin	Chelmsford AC			5
83	Ashwin Shah	Grange Farm & Dunmow Runners		4	
	Clive Cheese	Leigh on Sea Striders			
85	Elliot Barron	Grange Farm & Dunmow Runners			0
	Matt Thomas	Halstead Road Runners			
	Matthew Randall	City of Southend AC	3		
	Rob Hankey	Tiptree Road Runners		3	
	Steve Mason	Colchester Harriers AC			
90	Adam Hemsworth	Benfleet RC			
	Chris Gardiner	Tiptree Road Runners		2	
	Owen Dare	Witham RC	2		

Paul Newton	Bishops Stortford RC			
94 Myles Coulson	Mid-Essex Casuals		1	0
Reece Hearn	Halstead Road Runners	1		
Robert Thorpe	Bishops Stortford RC			
Stephen Philcox	Ilford AC			0
Toby Pereira	Braintree & District AC			0

5 Miles	1/2 Marathon	10 Miles	Total
19	20	23	109
		20	73
	21	24	67
15	9	17	67
11	13	19	63
22	19		54
	24		48
25			48
			46
12		16	44
10	12	12	44
	15	13	44
	16		43
24			41
13	10	14	41
	18		39
	22		36
14		18	32
	11	15	26
	25		25
	14		25
			25
		25	25
6	7	11	24
			24
23			23
			23
	23		23
			22
		22	22
21			21
		21	21
0	0	0	21
20			20
			20
			20
	0	0	19
			18
0	0	0	18
18			18
	17		17
8	4	5	17
			17
17			17

			17
			16
16			16
0	0	0	16
9			16
		7	15
	0		15
		8	15
			15
0	0	0	14
	2	10	13
0	0	0	13
	0	0	12
4	0	0	12
	0	0	12
	0	0	12
	8		11
0	0	0	11
7	0		10
		6	10
	6		9
	0		9
	5		9
5			9
	0		8
		4	8
3	0		8
	3		8
		3	8
2	0	0	7
0	0	0	6
0	0	0	6
			6
			6
			6
			5
			5
			5
			5
			4
			4
			3
			3
			3
			3
			3
			3
			2
			2
			2

		2	2
	0	0	1
			1
		1	1
1	0	0	1
0	1	0	1

Male Veteran 40

Pos.	Name	Club	20 Miles	Marathon	10K
1	Giles Sowerby	Witham RC	21	25	
2	Brian Jenkins	Orion Harriers			21
3	Richard Williams	Grange Farm & Dunmow Runners			20
4	Jamie Davidson	Witham RC		24	
5	Nick Barker	Loughton AC			23
6	Dyfan Garmon	Dagenham '88 Runners			
7	Benjamin Leeds	Mid-Essex Casuals		22	
	Simon Colclough	Colchester Harriers AC			
9	Neil McGoun	Orion Harriers			
10	Stephen Metson	Braintree & District AC	17		
11	Daniel Roughan	Halstead Road Runners			17
12	Daniel Hadden	Grange Farm & Dunmow Runners			22
	Luca Predebon	Grange Farm & Dunmow Runners			19
14	Adam Weir	Leigh on Sea Striders	16		
	Gareth Dyball	Halstead Road Runners	14	19	
16	Simon Handley	Springfield Striders	15		
17	Tom Ashley	Witham RC			18
18	Michael Peggall	Dagenham '88 Runners			
19	James Connor	Haverling AC			25
	Paul Molyneux	Springfield Striders	25		
	Roger Westwood	Dagenham '88 Runners			
	Tom Gardner	Ilford AC			
23	Alex Manton	Springfield Striders	24		
	Jose Rodriguez	East London Runners			
	Mark Boulton	Victoria Park & Tower Hamlets AC			24
	Sam Rahman	Ilford AC			
27	David Fewell	Chelmsford AC	23		
	James Howlett	Eton Manor AC		23	
29	Daniel Widdowson	Colchester Harriers AC	22		
	Nicola Barberis Negra	Serpentine RC			
31	Rob Hankey	Tiptree Road Runners		21	
32	Barry Frost	Colchester Harriers AC	20		
	John Steel	Haverhill Running Club		20	
	Paul Weightman	Colchester Harriers AC			
35	Lee Pickering	Grange Farm & Dunmow R	19		
	Sam Kennedy	Orion Harriers			
37	James Doncaster	Brentwood RC			
	James Nichols	East London Runners			
	Jason Crispin	Haverling AC	18		
40	David Patten	Leigh on Sea Striders			
	Nigel Swinburne	Dagenham '88 Runners			
42	Ben Whateley-harris	Brentwood RC			
	Stephen Loach	Brentwood RC			
44	Chris Coates	Benfleet RC			

Hiren Amin	Pitsea RC	13
46 Daniel Dowgiel	Havering '90 Joggers	12
47 Mark Blee	Leigh on Sea Striders	11
Paul Williams	Vegan Runners Uk	
49 Ian Debnam	Braintree & District AC	
Lynton Faitman	Dagenham '88 Runners	10
51 Danny Sharkey	Springfield Striders	
52 Martyn Saville	Witham RC	
53 Louis Kitchener	Witham RC	
54 David Cant	Pitsea RC	
55 Glen Waller	Witham RC	
56 Dave Holdich	Witham RC	

5 Miles	1/2 Marathon	10 Miles	Race Points	Total
21	23	23	15	128
	25	24	6	76
23		25	6	74
	21	22	6	73
22	16		6	67
19	15	18	6	58
	12	16	6	56
17	14	19	6	56
20	20		3	43
		21	3	41
	4	13	6	40
	13		3	38
16			3	38
		17	3	36
			3	36
	17		3	35
		12	3	33
11	2	10	6	29
			1	26
			1	26
12		11	3	26
25			1	26
			1	25
24			1	25
			1	25
	24		1	25
			1	24
			1	24
			1	23
	22		1	23
			1	22
			1	21
			1	21
		20	1	21
			1	20
	19		1	20
	18		1	19
18			1	19
			1	19
		15	1	16
15			1	16
		14	1	15
14			1	15
13			1	14

	1	14
	1	13
	1	12
11	1	12
10	1	11
	1	11
9	1	10
8	1	9
7	1	8
6	1	7
5	1	6
3	1	4

Male Veteran 45

Pos.	Name	Club	20 Miles	Marathon	10K
1	Lee Taylor	City of Southend AC	22		24
2	James North	Halstead Road Runners	17	22	17
3	Bob Glasgow	Orion Harriers			22
4	Toby Pereira	Braintree & District AC			20
5	Peter Houlihan	Springfield Striders	14	18	12
6	Heydon Mizon	Witham RC	24		23
7	James Arnold	Benfleet RC			
8	Michael Woodward	Pitsea RC		23	
9	Sam Wolton	Halstead Road Runners	10	17	
10	Paul Miles	Springfield Striders			25
11	William Wu	Billericay Striders	23		
12	Geoff Keily	Billericay Striders			
13	Lee Webber	Harlow Running Club & Tri			13
	Stephen Thompson	Orion Harriers			21
15	Tony Agg	Billericay Striders	11		
16	Neil Wilson	Springfield Striders			18
	Tarik Qirem	Ilford AC	15		
18	David Weldon	Springfield Striders			16
19	Ashwin Shah	Grange Farm & Dunmow Runners		20	
20	David Scarfe	Springfield Striders	13		
21	Danny Beazley	Bishops Stortford RC		25	
	Grant England	Billericay Striders			
	Jonathan Hughes	Springfield Striders	25		
24	Peter Banks	Tiptree Road Runners		24	
25	Campbell Reeman	Billericay Striders	18		
26	Ben Brown	Halstead Road Runners		21	
	James Blogg	Havering AC			
	Jason Manning	Harlow Running Club & Tri	6		
	Matthew Randall	City of Southend AC	21		
30	Nick Hunter	Chelmsford AC			
	Paul Newton	Bishops Stortford RC			
	Stuart Cable	Leigh on Sea Striders	20		
33	Ashleigh Ranson	Lonely Goat RC		19	
	Charles Keitch	Great Bentley RC			19
	Graham Hogan	Havering AC	19		
	Neil Wildin	Springfield Striders			
37	Elliott Cone	Rochford RC			
	Micheal Hubbard	Vegan Runners Uk			
39	Jon Mann	Great Bentley RC			
40	David Lindsay	Springfield Striders			
	Ian Toal	Leigh on Sea Striders			
	Jimmy Justice	Phoenix Striders	16		
43	Paul Delaney	Benfleet RC			15
	Peter Thorn-anderson	Pitsea RC			

45 Ben Rayner	Grange Farm & Dunmow Runners		14
46 Colin Smith	Orion Harriers		
Martin Watson	Springfield Striders		
48 Jamie Smith	Bishops Stortford RC	12	
49 Jonathan Moore	Witham RC		
50 Lee Veale	Havering '90 Joggers		
Tommy Hearne	Fordy Runs Running Club		
52 Ian Stokoe	Halstead Road Runners	9	
Paul Mitchell	Thurrock Harriers AC		
Robert West	Leigh on Sea Striders		
55 Darrell Woodhead	Eton Manor AC	8	
Dennis Briggs	Ilford AC		
57 Greg Hall	Leigh on Sea Striders	7	
Stuart Peace	Tiptree Road Runners		
59 Stuart Parnaby	Billericay Striders		
60 James Webb	Benfleet RC		
Kresh Veerasamy	Dagenham '88 Runners		
62 Aidan Deane	Grange Farm & Dunmow Runners		

5 Miles	1/2 Marathon	10 Miles	Race Points	Total
25	25	25	15	136
15	16	17	21	110
22	24	24	10	102
20	22	19	10	91
6	9	12	21	86
		22	6	75
23	23	21	6	73
	14	14	6	57
	4	13	10	54
24			3	52
		23	3	49
19	21		3	43
8	15		6	42
18			3	42
11	12		6	40
	17		3	38
7	10		6	38
14			3	33
	6		3	29
3	5		6	27
			1	26
12	11		3	26
			1	26
			1	25
2			3	23
			1	22
21			1	22
	2	8	6	22
			1	22
	20		1	21
		20	1	21
			1	21
			1	20
			1	20
			1	20
	19		1	20
		18	1	19
	18		1	19
17			1	18
16			1	17
		16	1	17
			1	17
			1	16
		15	1	16

			1	15
13			1	14
	13		1	14
		11	1	13
10			1	12
		10	1	11
			1	11
9			1	10
		9	1	10
			1	10
	8		1	9
			1	9
	7		1	8
5			1	8
4			1	6
1	1		1	5
	3		3	5
			1	4

Male Veteran 50

Pos.	Name	Club	20 Miles	Marathon	10K
1	Jerry Walder	Colchester Harriers AC	23	25	17
2	Anthony Moore	Billericay Striders	24		20
3	Dan Gritton	Orion Harriers			18
4	Daniel Holeyman	Ilford AC			16
5	Chris Gardiner	Tiptree Road Runners		24	
6	Myles Coulson	Mid-Essex Casuals		23	13
7	Simon Lashmar	Billericay Striders	25		21
8	Darren Tiley	Harlow Running Club & Tri			12
9	Christian Holmes	City of Southend AC			25
10	Adam Stow	Pitsea RC	18		11
11	Kirk Crudgington	Harlow Running Club & Tri			19
12	David Rayner	Springfield Striders	16		
	Richard Woolterton	Ilford AC			
14	Malcolm Statham	Great Bentley RC		21	
15	Adrian Mussett	Colchester Harriers AC			
	Clive Cheese	Leigh on Sea Striders			
	Ian Emerson	Orion Harriers			
18	Nick Shasha	Orion Harriers			24
	Robert Thorpe	Bishops Stortford RC			
20	Lee Martin	Chelmsford AC			23
	Stephen Parr	Springfield Striders	13		8
	Toby Draper	Thurrock Harriers AC			
23	Lionel Guinea	Mid-Essex Casuals		22	
	Malcolm Muir	Ilford AC			22
	Simon Cresswell	Witham RC	22		
26	Ian George	East Essex Tri	21		
27	Declan Hamblin	Orion Harriers			
	Robin Mcnelis	Uk Runchat RC	20		
	Steve Bennett	Orion Harriers			10
30	James Price	Pitsea RC	19		
31	Diarmuid Mac Donnell	Ilford AC			
	Kevin Higgins	Colchester Harriers AC			
33	Dave Walton	Springfield Striders			
	David Beatty	Thurrock Harriers AC			
	James McBride	Phoenix Striders	17		
36	Elliot Worth	Brentwood Beagles AC			15
	Phil Nicholls	Tiptree Road Runners			
	Robin Clive Enderby	Jbr Run And Tri	15		
39	Andrew Kitson	Innovation Multisport			14
	Glynn Stone	Halstead Road Runners	14		
	Ian Tatman	Leigh on Sea Striders			
	Mark Farrar	Orion Harriers			
43	Tony Balding	Leigh on Sea Striders			
44	Matt Stenning	Billericay Striders			

Mike Grout	East Essex Tri	
46 Justin Brown	Grange Farm & Dunmow Runners	
47 Darren Powell	Halstead Road Runners	
Gavin Tilling	Little Baddow Ridge Runners	
Simon Carter	Orion Harriers	
50 Alex Stuckey	Witham RC	
David Cook	Dengie 100 Runners	
George Catalin	Dagenham '88 Runners	
Simon Badcock	Springfield Striders	9
54 Paul King	Springfield Striders	7
55 Allan Lacey	Dagenham '88 Runners	

5 Miles	1/2 Marathon	10 Miles	Race Points	Total
24	24	22	21	139
22	22	21	15	124
23	21	23	10	95
19	20	20	10	85
16	16	17	10	83
	14	15	10	75
		19	6	71
5	15	16	10	58
	25		3	53
	13		6	48
21			3	43
7		11	6	40
18	19		3	40
		13	3	37
25			1	26
		25	1	26
11	12		3	26
			1	25
		24	1	25
			1	24
			3	24
	23		1	24
			1	23
			1	23
			1	23
			1	22
20			1	21
			1	21
8			3	21
			1	20
	18		1	19
		18	1	19
	17		1	18
17			1	18
			1	18
			1	16
15			1	16
			1	16
			1	15
			1	15
		14	1	15
14			1	15
13			1	14
12			1	13

		12	1	13
	11		1	12
		10	1	11
	10		1	11
10			1	11
9			1	10
	9		1	10
		9	1	10
			1	10
			1	8
6			1	7

Male Veteran 55

Pos.	Name	Club	20 Miles	Marathon	10K
1	Kevin Marshall	Grange Farm & Dunmow R	25		22
2	Steven Read	Grange Farm & Dunmow R	24		14
3	Stephen Philcox	Ilford AC			25
4	Scott Dryden	Springfield Striders			24
5	Matthew Bland	Havering AC			23
6	Grant Conway	East London Runners			16
7	Peter Chubb	Springfield Striders			21
8	Matthew Aitken	City of Southend AC	22		
9	Paul Dellar	Colchester Harriers AC			
10	Danny Flint	Leigh on Sea Striders			19
	Martin Taylor	Grange Farm & Dunmow Runners			
	Simon Scott	Witham RC	21		
13	Paul Goodhew	Orion Harriers		23	
14	Michael Conroy	Witham RC	20		
15	Stuart Hope	Grange Farm & Dunmow Runners			
16	Adrian Mathers	Hockley Trail Runners			15
17	Keith Luxon	Benfleet RC		25	
	Scott Reid	Orion Harriers			
19	Leo Cole	Witham RC		24	
20	David Tullett	Chelmsford AC			
	Matthew Phillips	Billericay Striders			
	Robert Sommerville	Eton Manor AC	23		
23	David Miller	Leigh on Sea Striders			
24	Gary C	Great Bentley RC			
	Richard Bonham	Castle Point Joggers			20
	Tim Tomlins	East Essex Tri			
27	Paul Omer	Pitsea RC			
	Roy Guit	Benfleet RC	19		
29	Antony Karas	Grange Farm & Dunmow Runners			18
	Mathew Gillard	City of Southend AC			
31	Simon Morgan	Colchester Harriers AC			17
32	Gary Chandler	Springfield Striders			
	Paul Thompson	East London Runners			
34	Alan Clark	Benfleet RC			
	Darminder Bhamra	East London Runners			
	Kevin Gillespie	Bishops Stortford RC			
37	John Hughes	Dagenham '88 Runners			
38	Anthony Young	Ilford AC			
	Mark Thomas	Braintree & District AC			
40	Lee Allen	Benfleet RC			
41	Barry Plowman	Braintree & District AC			
42	Mark Cowan	Benfleet RC			

5 Miles	1/2 Marathon	10 Miles	Race Points	Total
20	21	23	15	126
19	19	22	15	113
25	24	25	10	109
22	22	24	10	102
24			3	50
11	13		6	46
21			3	45
	17		3	42
18	20		3	41
		16	3	38
17	18		3	38
14			3	38
10			3	36
12			3	35
	14	17	3	34
9			3	27
			1	26
	25		1	26
			1	25
23			1	24
	23		1	24
			1	24
		21	1	22
6		12	3	21
			1	21
		20	1	21
		19	1	20
			1	20
			1	19
		18	1	19
			1	18
16			1	17
	16		1	17
15			1	16
	15		1	16
		15	1	16
		14	1	15
13			1	14
		13	1	14
	12		1	13
8			1	9
7			1	8

Male Veteran 60

Pos.	Name	Club	20 Miles	Marathon	10K
1	Michael Valbonesi	Benfleet RC	24	25	25
2	Terry Knightley	Ilford AC		24	24
3	Owen Dare	Witham RC	25		
4	Pete Tullett	Chelmsford AC	22		
5	Alan Wellbelove	Harlow Running Club & Tri			20
6	Stephen Chissell	Ilford AC		23	
7	Dave Thomas	Ilford AC			23
8	Mark Gowers	Billericay Striders	23		
9	Ian Lawson	Grange Farm & Dunmow Runners			21
10	Andrew Read	Witham RC			
11	Paul Spowage	Colchester Harriers AC			
12	John Bull	Harlow Running Club & Tri			22
	Nicholas Rankin	Benfleet RC			
	Stuart Crowther	Brentwood Beagles AC			
	Yusuf Firat	Saffron Striders RC		22	
16	Mark Muscatt	Orion Harriers	21		
	Michael Yeatts	Halstead Road Runners		21	
18	Clive Stephenson	East London Runners	20		
	Paul Hinsley	Halstead Road Runners			
	Thomas Raven	Dengie 100 Runners		20	
21	Antony Leckerman	Leigh on Sea Striders			
	Jonathan Barter	Tiptree Road Runners			
	Paul Tawn	Mid-Essex Casuals	19		
24	Julian Catmull	springfield striders			
	Paul Lewis	Running Colchester			
	Steve Turner	Leigh on Sea Striders			
27	Roger Lebek	Havering '90 Joggers			
28	Craig Vernon	Witham RC			
29	John George	Barking Road Runners			
	John Wilkinson	Phoenix Striders			
31	Anthony Smith	Witham RC			
	Darren Radford	Havering '90 Joggers			
33	David Davidson	Pitsea RC			
	David Dixon	Havering '90 Joggers			

5 Miles	1/2 Marathon	10 Miles	Race Points	Total
25	24	23	21	144
19	21	21	15	124
23	25	25	10	108
24	23	20	10	99
13	16	13	10	72
	22		3	48
21			3	47
20			3	46
16			3	40
	17	17	3	37
		24	1	25
			1	23
		22	1	23
22			1	23
			1	23
			1	22
			1	22
			1	21
	20		1	21
			1	21
		19	1	20
	19		1	20
			1	20
18			1	19
	18		1	19
		18	1	19
17			1	18
		16	1	17
15			1	16
		15	1	16
		14	1	15
14			1	15
		12	1	13
12			1	13

Male Veteran 65

Pos.	Name	Club	20 Miles	Marathon	10K
1	Chris Stevenson	Colchester Harriers AC	25	25	24
2	Alan Pearl	Ilford AC			23
3	Chris Purse	Springfield Striders	24	24	
4	Colin Jackson	Grange Farm & Dunmow Runners			21
5	Mark Austin	Witham RC			
6	Ian Lucas	Witham RC			
7	Bernard Johnson	Thurrock Harriers AC			20
8	Ray Spong	Havering '90 Joggers			19
9	Paul Mingay	Colchester Harriers AC			25
10	Calvin Bobin	East London Runners	23		
	Dave Sweet	Billericay Striders			
	Toby Lumsden	Saffron Striders RC			
13	David Jobling	Witham RC			22
	Derek Page	Castle Point Joggers	22		
15	Steve Hankinson	Braintree & District AC			
	William Haining	Harwich Runners			
17	Arthur Winn	South Woodham Runners			
18	Gary Cardnell	Dagenham '88 Runners			
19	Martin Page	Barking Road Runners			18
20	Mark Freeman	Billericay Striders			
21	Dennis Spencer-perkins	Barking Road Runners			
22	Robert Courtier	Barking Road Runners			

5 Miles	1/2 Marathon	10 Miles	Race Points	Total
25	25	25	21	146
22	23	24	10	102
21	22		10	101
20	19		6	66
24	24		3	51
17		22	3	42
18			3	41
14			3	36
			1	26
			1	24
23			1	24
		23	1	24
			1	23
			1	23
		21	1	22
	21		1	22
	20		1	21
19			1	20
			1	19
16			1	17
15			1	16
13			1	14

Male Veteran 70 plus

Pos.	Name	Club	20 Miles	Marathon	10K
1	David Butler	Billericay Striders	25		25
2	Alastair Kendrick	Castle Point Joggers	23		22
3	Ian Mackie	East London Runners	24		24
4	John Tennant	Harlow Running Club & Tri			21
5	Christopher John McDonnell	Dengie 100 Runners			16
6	John Warne	Halstead Road Runners			17
7	Ross Silverton	Witham RC			18
8	Andrew Catton	Ilford AC			23
9	Bob Jousiffe	Orion Harriers			
10	Pasquale Pellecchia	Harlow Running Club & Tri			19
11	Andrew Wilmot	Halstead Road Runners		25	
12	Peter Binns	City of Southend AC			
13	Colin Rothwell	South Woodham Runners	22		
14	Ronald Vials	Barking Road Runners			20
15	Michael Cook	Grange Farm & Dunmow Runners			
16	John Whan	Barking Road Runners			
17	John Scarfe	Springfield Striders			
18	Brian Slade	Havering '90 Joggers			
19	Alan Porter	Billericay Striders			
20	Peter Bulaitis	Orion Harriers			
21	Leslie Jay	Barking Road Runners			

5 Miles	1/2 Marathon	10 Miles	Race Points	Total
25	25	25	15	140
21	24	23	15	128
24		24	10	106
19	23	22	10	95
	21	20	6	63
	20	19	6	62
	19	18	6	61
22			3	48
20	22		3	45
		21	3	43
			1	26
23			1	24
			1	23
			1	21
18			1	19
17			1	18
16			1	17
15			1	16
14			1	15
13			1	14
12			1	13