

Female Team

Pos.	Club	20 Miles	Marathon	10K	5 Miles	1/2 Marathon	
1	Springfield Striders	10		10	8	4	9
2	Colchester Harriers AC	9			10	10	10
3	Halstead Road Runners	8		9	9		
4	Orion Harriers	7			5	6	
	Grange Farm & Dunmow Runners				7	8	6
6	Colchester Harriers AC B				6	7	7
7	Billericay Striders	2				9	8
8	Harlow Running Club & Tri	3			4	3	2
9	Leigh on Sea Striders	5					
10	Springfield Striders B	6			2		3
11	Benfleet RC					1	4
12	Witham RC						5
	City of Southend AC					5	
14	Springfield Striders C	4					
15	Leigh on Sea Striders B						
	Halstead Road Runners B				3		
17	Loughton AC					2	
18	East London Runners						1
	Tiptree Road Runners				1		
	Saffron Striders RC	1					

10miles

Total

9	50
10	49
6	32
8	26
5	26
2	22
	19
1	13
7	12
	11
4	9
	5
	5
	4
3	3
	3
	2
	1
	1
	1

Female Open

Pos.	Name	Club	20 Miles	Marathon	10K
1	Nicole Frisby	Springfield Striders	22		22
2	Roanna Vickers	Colchester Harriers AC			24
3	Kate Creak	Colchester Harriers AC	21	24	
4	Ellie Baverstock	Orion Harriers	24	25	25
5	Rachel Rising	Halstead Road Runners	20		20
6	Claudia Baba	Witham RC	11	23	7
7	Rachael Roughan	Halstead Road Runners	9	19	5
8	Charlotte Barnard	Colchester Harriers AC			18
9	Joanna Bolton	Billericay Striders			16
10	Imogen Ovenden	Springfield Striders	8	18	10
11	Hannah Mcilvenna	Grange Farm & Dunmow Runners			6
12	Heidi Hogan-steele	Colchester Harriers AC			23
	Rebecca White	Saffron Striders RC	12	21	15
14	Sarah Overington	Springfield Striders	23		
15	Sarah Griffith	City of Southend AC			14
16	Sarah Williams	Grange Farm & Dunmow Runners			21
17	Zoe Oldfield	Loughton AC			19
18	Victoria Primmer	Colchester Harriers AC			
19	Christine Sutcliffe	Mid-Essex Casuals	3	17	2
20	Barbara Aldridge	Billericay Striders	0		8
21	Karen Pickering	Halstead Road Runners	16		17
22	Hayley Rogerson	Orion Harriers	13		
23	Joanne Bolter	Leigh on Sea Striders	7		
24	Magdalena Komorowska	Great Bentley RC	0	20	0
25	Annette Oakman	Colchester Harriers AC			11
	Rosie Wild	Colchester Harriers AC	25		
27	Emma Jeffery	Benfleet RC			
28	Victoria Sheldon	Tiptree Road Runners		22	
29	Alexa Joel	Billericay Striders			
	Nikki Woodyard	Springfield Striders			
31	Catherine Ridge	Harlow Running Club & Tri	0		9
	Emma Burgess	Colchester Harriers AC			
33	Emma Prideaux	Springfield Striders	19		
	Hannah White	Orion Harriers			
35	Rachel Riggs	Leigh on Sea Striders			
	Rosa Prideaux	Springfield Striders	18		
37	Charlotte Bishop	Basildon AC	17		
	Louise Juby	Orion Harriers			
39	Apryl Hammett	100 Marathon Club		16	
	Victoria Wadley-smith	Leigh on Sea Striders			
41	Rahana Islam	Dagenham '88 Runners	0	15	
	Robyn Matson	Havering AC	15		
43	Hilda O'Kelly	Springfield Striders	0	14	
	Vicky Mcelligott	Leigh on Sea Striders	14		

45	Emily Penkett	Springfield Striders	0	13	
	Hayley Lamkin	Halstead Road Runners			13
	Hollie Boyd	Leigh on Sea Striders			
48	Catherine Sunderland	Billericay Striders			
	Christine Deacon	Billericay Striders		12	
	Emily Smith	Springfield Striders			12
	Sarah-jane Appleton	Pheonix Striders			
	Ulrike Weiss	Grange Farm & Dunmow Runners			
53	Christine Kennedy	Orion Harriers			
	Emily Worboys	Colchester Harriers AC			
	Lorraine Mills	Tiptree Road Runners	0	11	0
	Sally Hoyle	Witham RC			
57	Claire Collins	Springfield Striders		10	
	Kathryn Spring	Thurrock Harriers AC	10		
	Victoria Brown	Serpentine RC			
60	Fiona Collins	Witham RC		9	
61	Daniella Reeve	Leigh on Sea Striders			
	Ellie Cumner	Colchester Harriers AC			
	Karen Lyons	Orion Harriers			3
	Sarah Waddington	Halstead Road Runners	0	8	
65	Ali Trauttmansdorff	Loughton AC			
	Daisy Hilson	Colchester Harriers AC			
	Wendy Aldridge	Dengie 100 Runners	0	7	
68	Amanda Little	Grange Farm & Dunmow Runners	6		
	Jacqui Sutton	City of Southend AC	0	6	
70	Claire Taylor	Eton Manor AC	0	5	
	Juliette Le Mare	City of Southend AC	5		
72	Barbara McDonnell	Dengie 100 Runners	0	4	0
	Christina Clementson	Havering '90 Joggers	4		0
	Katrina Read	Grange Farm & Dunmow Runners			0
	Michelle Lock	Colchester Harriers AC			4
	Orla Sandlin	Grange Farm & Dunmow Runners			
77	Becky Evans	East London Runners			1
	Donna Milton	Harlow Running Club & Tri			0
	Sue Barrowclough	Jogging Made Easy		3	
80	Alison Vincent	Jogging Made Easy		2	
	Isobel Gowers	Springfield Striders	2		
	Nikki Barnett	Orion Harriers			
83	Beverley Eagles	Dagenham '88 Runners		1	
	Joanne Reeves	Ilford AC	1		
	Nicola Burney Gunn	Brentwood RC			

5 Miles	1/2 Marathon	10 Miles	Total
22	21	22	109
25	23	25	97
	22	24	91
			74
		23	63
6	14	2	61
9	9	14	60
19	18		55
18	19		53
		16	52
12	17	15	50
	25		48
			48
	24		47
15	16		45
23			44
24			43
	20	20	40
	6	10	38
13	15		36
		0	33
		17	30
	13	9	29
0	4	3	27
14			25
			25
3	8	12	23
			22
21			21
		21	21
10		1	20
20			20
			19
		19	19
		18	18
			18
			17
17			17
			16
16			16
0	0	0	15
			15
0			14
			14

0			13
			13
		13	13
5	7		12
			12
	0		12
	12		12
	5	7	12
		11	11
11			11
0		0	11
	11		11
			10
			10
	10		10
0	0		9
		8	8
8			8
0		5	8
		0	8
7			7
	1	6	7
			7
			6
0	0	0	6
			5
			5
			4
0	0	0	4
0		4	4
			4
4			4
0	2	0	3
0	3	0	3
	0		3
			2
			2
2			2
			1
			1
1			1

Female Veteran 40

Pos.	Name	Club	20 Miles	Marathon	10K
1	Claudia Baba	Witham RC	22	25	20
2	Rachael Roughan	Halstead Road Runners	21	23	19
3	Jacqui Sutton	City of Southend AC	12	21	
4	Catherine Ridge	Harlow Running Club & Tri	18		21
5	Sandra Webber	Harlow Running Club & Tri	13		12
6	Karen Pickering	Halstead Road Runners	25		24
7	Rebecca White	Saffron Striders RC	23	24	23
8	Emily Penkett	Springfield Striders	19	22	
9	Isla Sinclair	Benfleet RC			
10	Sarah Williams	Grange Farm & Dunmow Runners			25
11	Cathy Hadden	Grange Farm & Dunmow Runners			13
	Emily Smith	Springfield Striders			22
13	Catherine Sunderland	Billericay Striders			
14	Laura Parrish	Springfield Striders	15		15
	Zoe Storrar	Leigh on Sea Striders	11		
16	Alexa Joel	Billericay Striders			
	Vicky Mcelligott	Leigh on Sea Striders	24		
18	Louise Juby	Orion Harriers			
19	Eleanor Mayne	Colchester Harriers AC	20		
	Ellie Cumner	Colchester Harriers AC			
	Rosanna Holden	Colchester & Tendring			
22	Donna Howard	Colchester & Tendring			
23	Lucie Heanley	Saffron Striders RC			
	Michelle Lock	Colchester Harriers AC			18
25	Amelia Davison	Orion Harriers			
	Anoushka Springett	Halstead Road Runners	17		
	Stacey Palmer	Braintree & District AC			
	Suzy Cooper	Springfield Striders			17
29	Laura Smith	Halstead Road Runners			
	Lilla O'Connor	Springfield Striders	16		
	Louise Cootes	Harlow Running Club & Tri			16
32	Adebola Adediran	Pitsea RC			
	Charlotte King	Halstead Road Runners	14		
	Victoria Metson	Halstead Road Runners			14
35	Clare Stevens	East London Runners			
36	Charleen Tillotson	Harlow Running Club & Tri			11
	Sarah Matson	Havering '90 Joggers			
38	Nina Wu	Billericay Striders	10		
39	Joanne Payton	South Woodham Runners	9		

5 Miles	1/2 Marathon	10 Miles	Race Points	Total
19	25	24	21	137
21	24	25	21	135
15	13	21	15	97
22		23	10	94
12	17	18	15	87
		22	6	77
			6	76
16			6	63
14	21	20	6	61
25			3	53
13	15		6	47
	22		3	47
18	23		3	44
			3	33
		19	3	33
24			1	25
			1	25
23			1	24
			1	21
20			1	21
	20		1	21
	19		1	20
	18		1	19
			1	19
17			1	18
			1	18
		17	1	18
			1	18
	16		1	17
			1	17
			1	17
	14		1	15
			1	15
			1	15
	12		1	13
			1	12
11			1	12
			1	11
			1	10

Female Veteran 45

Pos.	Name	Club	20 Miles	Marathon	10K
1	Magdalena Komorowska	Great Bentley RC	21	24	23
2	Rahana Islam	Dagenham '88 Runners	20	23	
3	Donna Milton	Harlow Running Club & Tri			22
4	Joanna Bolton	Billericay Striders			24
5	Zoe Oldfield	Loughton AC			25
6	Hayley Rogerson	Orion Harriers	25		
7	Ulrike Weiss	Grange Farm & Dunmow Runners			
8	Emily Pereira	Braintree & District AC			21
9	Kelly McGill	Harlow Running Club & Tri			
	Nicola Moughton	Billericay Striders			
11	Mandy Humm	Halstead Road Runners			18
12	Lisa Leader	Witham RC			
13	Nikki Woodyard	Springfield Striders			
	Victoria Sheldon	Tiptree Road Runners		25	
15	Kathryn Spring	Thurrock Harriers AC	24		
	Victoria Brown	Serpentine RC			
17	Isobel Gowers	Springfield Striders	23		
18	Joanne Reeves	Ilford AC	22		
19	Emma Healy	Halstead Road Runners			20
	Sarah Hammond	Springfield Striders			
21	Lorraine Gosling	Orion Harriers	19		
	Muriel Lovering	Colchester Harriers AC			19
	Teresa Davis	Leigh on Sea Striders			
24	Victoria Surtees	Springfield Striders	18		
25	Hannah Whale	Halstead Road Runners	17		
	Louise Norris	Leigh on Sea Striders			
	Mary Johnson	Loughton AC			
28	Maryann Sycamore	Halstead Road Runners	16		
29	Catriona Hoult	East London Runners			
	Laura Burton	South Woodham Runners	15		
31	Emma Dudman	Dagenham '88 Runners			
32	Kate Smith	Running Colchester			

5 Miles	1/2 Marathon	10 Miles	Race Points	Total
22	22	22	21	134
21	19	20	15	118
23	21	21	10	97
24	25		6	79
25			3	53
		24	3	52
	23	23	3	49
20			3	44
18	18		3	39
19	17		3	39
	16		3	37
	14	18	3	35
		25	1	26
			1	26
			1	25
	24		1	25
			1	24
			1	23
			1	21
	20		1	21
			1	20
		19	1	20
			1	19
			1	18
		17	1	18
17			1	18
			1	17
	15		1	16
			1	16
	13		1	14
	12		1	13

Female Veteran 50

Pos.	Name	Club	20 Miles	Marathon	10K
1	Christine Sutcliffe	Mid-Essex Casuals	21	25	22
2	Christina Clementson	Havering '90 Joggers	22		21
3	Hannah Mcilvenna	Grange Farm & Dunmow Runners			23
4	Barbara Aldridge	Billericay Striders	20		24
5	Joanne Bolter	Leigh on Sea Striders	24		
6	Annette Oakman	Colchester Harriers AC			25
7	Claire Taylor	Eton Manor AC	14	23	
8	Mandy Reid	Ilford AC	15		18
9	Ann Reed	Pitsea RC			
	Karen Flowers	Witham RC			
	Katherine Taylor	Orion Harriers			19
12	Ruth Roberts	Phoenix Striders	16		
13	Louise Chappell	Barking Road Runners			17
14	Celine Elson	Witham RC			
	Emma Prideaux	Springfield Striders	25		
16	Apryl Hammett	100 Marathon Club		24	
17	Amanda Little	Grange Farm & Dunmow R	23		
18	Ali Trauttmansdorff	Loughton AC			
19	Collette Toal	Leigh on Sea Striders			
	Nikki Barnett	Orion Harriers			
21	Natalie Gravell	Springfield Striders			
	Nicola Burney Gunn	Brentwood RC			
	Nikki Brazier	Grange Farm & Dunmow Runners			20
	Rachel Pearsons	Braintree & District AC			
25	Kerry Mavris	Harlow Running Club & Tri	19		
	Michelle Lane	Leigh on Sea Striders			
27	Donna Maxen	South Woodham Runners	18		
	Rebecca Taylor	City of Southend AC			
	Sarah Edgar	Springfield Striders			
	Victoria Charlesworth	East London Runners			
31	Joanne Ling	Billericay Striders			
	Mary Taylor	Running Colchester			
	Virginia Willis	Mid-Essex Casuals	17		
34	Liz Stuckey	Witham RC			
35	Alex Hadley	Tiptree Road Runners			
	Debbie Mead	Harlow Running Club & Tri			
	Hayley Barron	Orion Harriers			
38	Niki Champion	Bishops Stortford RC			
	Sharon Johnson	Benfleet RC			
40	Nikki Cranmer	Barking Road Runners	13		
41	Kerry Curtis	Havering '90 Joggers			
42	Deborah Clark	Benfleet RC			
43	Lisa Matthews	Billericay Striders			
44	Anita Grainger	Witham RC			

5 Miles	1/2 Marathon	10 Miles	Race Points	Total
	22	24	15	129
19	21	22	15	120
23	25	25	10	106
24	24		10	102
	23	23	6	76
25			3	53
			3	40
			3	36
	19	13	3	35
	16	16	3	35
13			3	35
14			3	33
7			3	27
6		17	3	26
			1	26
			1	25
			1	24
22			1	23
		21	1	22
21			1	22
	20		1	21
20			1	21
			1	21
		20	1	21
			1	20
		19	1	20
			1	19
18			1	19
	18		1	19
		18	1	19
17			1	18
	17		1	18
			1	18
16			1	17
		15	1	16
	15		1	16
15			1	16
		14	1	15
	14		1	15
			1	14
12			1	13
11			1	12
10			1	11
9			1	10

Female Veteran 55

Pos.	Name	Club	20 Miles	Marathon	10K
1	Lorraine Mills	Tiptree Road Runners	25	24	19
2	Becky Evans	East London Runners			24
=3	Inga Hayden-cooper	Great Bentley RC			20
=3	Sally Banyard	Tiptree Road Runners			17
5	Karen Lyons	Orion Harriers			25
6	Hilda O'Kelly	Springfield Striders	24	25	
7	Vanessa Mathers	City of Southend AC			23
8	Nicola Hilson	Colchester Harriers AC			
9	Angela Dellar	Tiptree Road Runners			22
10	Allison Beeton	Harlow Running Club & Tri			21
11	Alison Sale	Ilford AC			16
12	Alison Fryatt	Barking Road Runners			15
13	Michelle Caulfield	Braintree & District AC			
14	Alison Vincent	Jogging Made Easy		23	
	Susan Archer	Tiptree Road Runners	23		
16	Beverley Eagles	Dagenham '88 Runners		22	
	Clare Hayes	Grange Farm & Dunmow Runners			
	Dawn Henning	Billericay Striders	22		
	Fiona Walker	Leigh on Sea Striders			
	Gail Nicholls	Harlow Running Club & Tri			
21	Jackie Russell	Springfield Striders	21		
22	Beth Gadlin	Pitsea RC			
	Kim Tobin	Fordy Runs Running Club	20		
	Tina Reeve	Leigh on Sea Striders			
25	Allison Gillan	Springfield Striders			18
26	Jacqui Elliott	Dagenham '88 Runners			
	Janine Humberstone-gilroy	Orion Harriers			
28	Susan Waller-toyne	Colchester Harriers AC			
29	Dionne Jones	Harlow Running Club & Tri			
	Helen Pearce	Orion Harriers			
31	Josephine Sheffield	Braintree & District AC			
32	Jayne Vernon	Tiptree Road Runners			
	Launa Broadley	Ilford AC			
34	Annette Johnson	Benfleet RC			
	Julie Gillender	Ilford AC			
36	Lynsey Gray	Phoenix Striders			
37	Laura Kelly	Havering '90 Joggers			
	Michelle Cooper	Weald Park Warriors			
39	Sara Omer	Pitsea RC			
40	Caron Hiscock	Benfleet RC			
41	Erika Goddard	Jbr Run & Tri Club			

5 Miles	1/2 Marathon	10 Miles	Race Points	Total
19		18	15	120
25	25	23	10	107
15	21	19	10	85
18	23	17	10	85
24		25	6	80
21			6	76
23			3	49
	24	21	3	48
20			3	45
16			3	40
		15	3	34
13			3	31
		24	1	25
			1	24
			1	24
			1	23
22			1	23
			1	23
		22	1	23
	22		1	23
			1	22
	20		1	21
			1	21
		20	1	21
			1	19
10		5	3	18
17			1	18
		16	1	17
		14	1	15
14			1	15
		13	1	14
		12	1	13
12			1	13
		11	1	12
11			1	12
		10	1	11
9			1	10
		9	1	10
		8	1	9
		7	1	8
		6	1	7

Female Veteran 60

Pos.	Name	Club	20 Miles	Marathon	10K
1	Sandra Preston	East London Runners			
2	Wendy Aldridge	Dengie 100 Runners	25	24	
3	Christine Inch	Orion Harriers			
4	Pippa Dowswell	Eton Manor AC			
5	Frieda Keane	Ilford AC			
	Sue Barrowclough	Jogging Made Easy		23	
7	Beverley Thomas	Ilford AC			25
	Christine Deacon	Billericay Striders		25	
	Donna Fisher	Springfield Striders			
	Mary Armitage	Orion Harriers			
11	Terri Howe	Pitsea RC	24		
12	Jo Pearce	Pheonix Striders			
13	Glenda Jackson	Grange Farm & Dunmow Runners			
	Hayley Brewis	Saint Edmund Pacers		22	
15	Mandy Graves	Tiptree Road Runners			
	Penelope Clarke	Halstead Road Runners		21	
	Val Haynes	Running Colchester			
18	Angela Read	Witham RC			
	Julie Cardnell	Dagenham '88 Runners			

5 Miles	1/2 Marathon	10 Miles	Race Points	Total
23	24	25	6	78
			3	52
24		24	3	51
	22	23	3	48
21		22	3	46
	20		3	46
			1	26
			1	26
	25		1	26
25			1	26
			1	25
	23		1	24
22			1	23
			1	23
		21	1	22
			1	22
	21		1	22
		20	1	21
20			1	21

Female Veteran 65

Pos.	Name	Club	20 Miles	Marathon	10K
1	Gloria Bullen	Thurrock Harriers AC	25		22
2	Karen Allworthy	Orion Harriers			23
3	Barbara McDonnell	Dengie 100 Runners	23	25	21
4	Christine Kennedy	Orion Harriers			
	Jacquie King	Colchester Harriers AC			25
	Sue Spong	Havering '90 Joggers			
7	Carol Nelson	Harold Wood RC	24		
	Cheryl Macdonald	Pitsea RC			24
9	Julia Galea	Ilford AC			
10	Kim Baxter	Ilford AC			

5 Miles	1/2 Marathon	10 Miles	Race Points	Total
24	25	24	15	135
23		23	6	75
			6	75
		25	1	26
			1	26
25			1	26
			1	25
			1	25
22			1	23
21			1	22

Female Veteran 70 plus

Pos.	Name	Club	20 Miles	Marathon	10K
1	Selon Timi Veerasamy	Dagenham '88 Runners	25		
2	Diane Wooller	Colchester Harriers AC			25
3	Joanne Mills	Harlow Running Club & Tri			
4	Teresa Flannigan	East Essex Tri			
5	Sue Horton	Benfleet RC			
	Theresa Burke	Bishops Stortford RC			

5 Miles	1/2 Marathon	10 Miles	Race Points	Total
24	24	23	10	106
	25	25	6	81
25		24	3	52
23			1	24
22			1	23
		22	1	23