

POS	POOL A - MEN	TEAM SCORE			POS	POOL A - WOMEN	TEAM SCORE	Missing
1	Springfield Striders	101			1	Colchester Harriers	17	
2	Colchester Harriers	128			2	Springfield Striders	46	
3	Harwich Runners	217			3	Harwich Runners	64	
4	Ipswich	261			4	Ipswich	72	
5	Halstead Road Runners	407			5	Great Bentley	73	
6	Great Bentley	467			6	Halstead Road Runners	144	
	POOL B - MEN		Missing			POOL B - WOMEN		Missing
1	Witham	169			1	Witham	48	
2	Hadleigh Hares	212			2	Colchester and Tendring	61	
3	Tiptree	330			3	Tiptree	63	
4	Mid Essex	336			4	Hadleigh Hares	68	
5	53-12	454			5	53-12	120	
6	Colchester and Tendring	540	2		6	Mid Essex	155	1
7	Discovery Tri	660	2		7	Discovery Tri	168	2
						LEAGUE POSITIONS		
POS	POOL A - OVERALL	M/F COMB	PTS	Total Scores		POOL A	PTS	
1	Colchester Harriers	3	6		1	Colchester Harriers	6	
2	Springfield Striders	3	5		2	Springfield Striders	5	
3	Harwich Runners	6	4		3	Harwich Runners	4	
4	Ipswich	8	3		4	Ipswich	3	
5	Great Bentley	11	2		5	Great Bentley	2	
6	Halstead Road Runners	11	1		6	Halstead Road Runners	1	
	POOL B			Missing		POOL B	PTS	
1	Witham	2	7		1	Witham	7	
2	Hadleigh Hares	6	6		2	Hadleigh Hares	6	
3	Tiptree	6	5		3	Tiptree	5	
4	53-12	10	4		4	53-12	4	
5	Mid Essex	10	3	1	4	Mid Essex	3	
6	Colchester and Tendring	8	2	2	6	Colchester and Tendring	2	
7	Discovery Tri	14	1	4	7	Discovery Tri	1	

Pos	Men	Club	Pos	Ladies	Club
1	Adrian Mussett	COL H	1	June Allen	Springfield
2	Paul Molyneux	Springfield	2	Stacey Wheat	COL H
3	Graeme Knott	HAR	3	Lyn Higgs	COL H
4	John Fryer	COL H	4	Laura Shrewbridge	TIP
5	Wes Benton	COL H	5	Marie Shirley	COL H
6	Alan Smalls	COL H	6	Kate Hodgkiss	HAR
7	Paul Dobson	Springfield	7	Debbie Cattermole	COL H
8	Mark Newton	Springfield	8	Jenny Chewter	Springfield
9	Gavin Allen	HAL	9	Verity Smith	IPS
10	John Booty	WIT	10	Ellie Mayne	COL H
11	Malcolm Muir	Springfield	11	Claudine Tisbury	HAR
12	Sam Gooding-Matthews	HAR	12	Hayley Wheddon	GB
13	John Scaife	HAD	13	Vicky Presland	GB
14	Kevin Harris	Springfield	14	Emily Zethraeus	GB
15	James Smith	Springfield	15	Laura Dixon	IPS
16	David Laing	IPS	16	Sarah Fossberg	HAR
17	Jason Meachen	HAR	17	Nicola Pyle	Springfield
18	Lee Martin	Springfield	18	Brigid Wallen	WIT
19	Gary Chandler	Springfield	19	Ruth Ward	IPS
20	Rob Gibby	COL H	20	Sarah Hammond	Springfield
21	James Neugebauer	Springfield	21	Lynn Tanner	Springfield
22	Elliot Lyne	COL H	22	Wendy Carter	HAL
23	Simon Dale	GB	23	Catherine Johnson	CATS
24	Matthew Knowles	HAR	24	Fran Norris	COL H
25	Mark Clements	IPS	25	Vicky Curren	Springfield
26	Pete West	COL H	26	Maxine Rodwell	HAL
27	Steve Cooper	HAR	27	Clare Adams	COL H
28	Bradley Doe	HAL	29	Sarah Bartley	COL H
29	Adam Wade	IPS	29	Becky Staunton	IPS
30	Darren Sutton	Springfield	30	Wendy Martin	WIT
31	Tom Jarrett	IPS	31	Rachel Jarvis	HAR
32	James Haskey-Jowes	TIP	32	Kate Thomas	HAD
33	Stuart Prestney	HAL	33	Liz Stuckey	WIT
34	Conrad Burgess	IPS	34	Anna Lyon	GB
35	Gary Thompson	IPS	35	Nicola Glibbery	GB
36	James Farren	WIT	36	Trudy Avis	HAD
37	Terry Back	IPS	37	Claire Bransby	HAR
38	Dean Frost	CATS	38	Lisa Crowhurst	CATS
39	Brian Herrington	HAR	39	Claire Gordon	WIT
40	David Willer	HAD	40	Diane Wooler	CATS
41	Stuart Raven	Springfield	41	Sam Godden	GB
42	Steve Moore	Springfield	42	Hannah Wood	IPS
43	Mark Rutter	HAR	43	Anita Mussett	COL H
44	Paul Preston	COL H	44	Mickala Clarke	COL H
45	Paul Jeggo	Springfield	45	Liz Cooper	53-12
46	Jon Nears	COL H	46	Hazel Buist	HAL
47	Chris Warren	GB	46	Allison Cook	Springfield
48	Andrew Warner	HAL	47	Fiona Hunt	IPS
49	Phil Davies	HAL	48	Jo Mckay	GB
50	Mark Waiane	Springfield	50	Lorraine Garnham	HAL
51	Greg Wisken	MEC	51	Carla Holroyd	HAR
52	Ben Hammond	HAR	52	Karen Skene	GB

53	Rob Mills	Springfield	53	Toni Wilson	COL H
54	Jonathan Ling	IPS	53	Gemma Camp	GB
55	Ian Cardy	Springfield	54	Nicky Brown	GB
56	Mark Furnace	IPS	55	Rachel Cole	HAD
57	Dave Wright	GB	56	Kirsty Williams	Springfield
58	Scott Cranley	GB	57	Lex Carlisle	GB
59	Tom Beard	WIT	59	Tina Clarke	TIP
60	Clive Thomas	GB	60	Carolyn Bownes	TIP
61	Chris Pearce	Springfield	61	Shirley Morris	HAR
62	Paul Stukas	Springfield	62	Sandra Morton	HAD
63	Warren Birch	IPS	63	Caroline Porter	GB
64	Paul Cole	WIT	64	Sue Sorrell	GB
65	David Wright	COL H	65	Jackie Mudd	Springfield
66	Dan Foster	GB	66	Sarah Knowles	Springfield
67	Ker Macrosson	IPS	67	Carol Hill	HAL
68	Don English	HAL	68	Julie Haselwood	IPS
69	Paul McClelland	HAR	69	Grace Bradshaw	HAR
70	Jason Bilton	COL H	70	Jo Higgon	HAR
71	Stuart Mills	WIT	71	Anne Adamson	MEC
72	Richard Newman	HAR	72	Barbara Law	GB
73	Michael Simmons	GB	73	Jackie Kent	GB
74	Anthony Marsh	Springfield	74	Jennie Hipken	GB
75	Matt Hunter	HAD	75	Lisa Gilson	53-12
76	Mark Underdown	WIT	76	Nicole Callaghan	Springfield
77	Simon Nightingale	IPS	77	Louise Papworth	HAR
78	Gary Joslin	Springfield	78	Sue Mckay	GB
79	Russell Breyer	IPS	79	Nichola Baillie	HAD
80	Andrew Bailey	HAL	80	Miranda Rayner	HAR
81	Julian Catmull	Springfield	81	Theresa Whatling	53-12
82	Dan Augustin	MEC	82	R Heskey Jones	TIP
83	Jamie Ash	GB	83	D James	TIP
84	Matt Leigh	HAD			
85	Kevin Stevens	GB			
86	Peter Steadman	53-12			
87	Justin Burls	HAR			
88	Rod Madziv.....	WIT			
89	Brian Rogers	IPS			
90	Marcus Catlin	IPS			
91	Stuart Turnbull	MEC			
92	Mike Grealy	HAL			
93	S Meddenmen	TIP			
94	Ian Cottee	HAR			
95	Chris Green	GB			
96	Ted Skinner	TIP			
97	Duncan Chenery	IPS			
98	Chris Manby	COL H			
99	Tony Wallen	WIT			
100	Chris Snowdon	Springfield			
101	Arthur Whiston	COL H			
102	Nicholas Dobson	Springfield			
103	Marc Driscoll	DISC			
104	Terry Alabaster	WIT			
105	Steve Covey	53-12			

106	Steve Burbidge	HAR			
107	Pat Marsh	COL H			
108	Paul Bridges	Springfield			
109	Phil Clarke	TIP			
110	John Cook	COL H			
111	Gary Wright	Springfield			
112	Brian Butcher	MEC			
113	Paul Carlisle	GB			
114	Steven Kent	HAR			
115	Neil Watts	HAR			
116	Richard Fall	Springfield			
117	Sam Wolton	HAL			
118	Richard Taylor	Springfield			
119	Mick Gilbert	IPS			
120	Brian Airlie	HAD			
121	Andy Carter	HAL			
122	Graham Semple	GB			
123	Paul Wiggins	IPS			
124	Kevin Frost	CATS			
125	Dave Potticary	53-12			
126	Kev Cox	GB			
127	Dennis Warner	HAR			
128	Rob Warner	HAR			
129	Bell Haining	COL H			
130	Paul Turner	IPS			
131	Chris Bing	IPS			
132	James Porter	GB			
133	C White	TIP			
134	Ian Catchpool	IPS			
135	Terry Smith	HAR			
136	Alex Stuckey	WIT			
137	Steve Hunt	HAD			
138	Eric Marsiells	53-12			
139	Dave Dulak	HAD			
140	Simon Fenn	HAD			
141	Mark Jaeary	WIT			
142	Perry Beale	53-12			
143	T Laws	TIP			
144	John Driscoll	COL H			
145	T Davey	TIP			
146	Alistair Gillan	Springfield			
147	Rob Hadcraft	TIP			
148	John Markham	HAL			
149	Ian Foskew	MEC			
150	Peter Fraser-Hopewell	HAR			
151	Cliff Boughtwood	53-12			
152	Jim Slater	TIP			
153	Paul Crowson	HAR			
154	James Fairley	HAR			
155	Malcom Bailey	TIP			
156	Ian Edwards	53-12			
157	Tim Boud	53-12			
158	Dave Joblin	WIT			

159	Martin West	HAR			
160	Frank Gardner	GB			
161	Stuart Kent	GB			
162	Guy Halliday	GB			
163	Dave Sanyer	GB			
164	Paul Hedger	WIT			
165	Mark Voller	MEC			
166	Colin Short	WIT			
167	Tim Warner	HAR			
168	Dave Ingleby	HAD			
169	Russell Parker	HAR			
170	Ray Chalton	Springfield			
171	Andrew Stewart	HAD			
172	Ivan Howlett	Springfield			
173	Paul Taylor	53-12			
174	Jeff Higgon	HAR			
175	Trevor Matthews	HAR			
176	Paul Shrewbridge	TIP			
177	Chris Hill	HAL			
178	Mon Lee	IPS			
179	Gavin Foster	DISC			
180	John McKay	GB			
181	Matt Doran	HAR			
182	Kevin Wright	Springfield			
183	Bruce Hogarth-Jones	MEC			
184	Gary Cole	HAD			
185	John Voss	53-12			
186	Andy Mason	Springfield			
187	Pete Deadman	Springfield			
188	Simon Morgan	TIP			
?	Mark Ross	GB			
DNF	Mike Downes	IPS			