

Men	Pos	Club
Matthew Spencer	1	Ipswich
Ryan Ostler	2	Ipswich
Tom Cammack	3	Springfield
Graeme Knott	4	Harwich
Robert Reason	5	Harwich
Gavin Davies	6	Ipswich
Gary Chandler	7	Springfield
Gavin Allen	8	Springfield
James Farren	9	Witham
Jonathan Ling	10	Ipswich
Mark Newton	11	Springfield
John Scaife	12	Hadleigh
Michael Porter	13	Colchester & Tendring
Stuart Raven	14	Springfield
Tim Ballard	15	Colchester Harriers
Mark Lloyd	16	Harwich
Christopher Warren	17	Gt. Bentley
Sam Gooding-Matthews	18	Harwich
Mark Furnace	19	Ipswich
Stephen Parry	20	Ipswich
Simon Dale	21	Gt. Bentley
Mark Harrod	22	Colchester Harriers
Paul Mingay	23	Tiptree
Scott MacSephney	24	Ipswich
John Thorpe	25	Ipswich
Dean Frost	26	Colchester & Tendring
Benjamin Ficken	27	Gt. Bentley
Stuart Prestney	28	Halstead
James Haskey-Jones	29	Tiptree
Clive Thomas	30	Gt. Bentley
Michael Simmons	31	Gt. Bentley
Mark Russell	32	Hadleigh
Carl Ashton	33	Ipswich
Craig Dawson	34	Tiptree
Warren Birch	35	Ipswich
David Goldsmith	36	Gt. Bentley
Simon Day	37	Harwich
Nick Hammond	38	Mid Essex
Joseph Peat	39	Ipswich
Marcus Catlin	40	Ipswich
Stephen Burbidge	41	Harwich
Chris Manby	42	Colchester Harriers
Steve Norris	43	Witham
David Wright	44	Colchester Harriers
Russ Sharp	45	Gt. Bentley
Mark Rutter	46	Harwich
Simon Morgan	47	Tiptree
Barry Hopgood	48	53-12
Adam Richardson	49	Tiptree
Kevin Stevens	50	Gt. Bentley
Darren McGill	51	Colchester Harriers
Andy Turner	52	Hadleigh

Alex McNulty	53	53-12
Pete Riley	54	Witham
Jon Byford	55	Springfield
Robin Belsom	56	Ipswich
Andre Besant	57	Harwich
Don English	58	Halstead
Scott Crawley	59	Gt. Bentley
Andrew Conway	60	Tiptree
Lee Cousins	61	Mid Essex
Stuart Mills	62	Witham
Russell Breyer	63	Ipswich
Adrian Peake	64	Ipswich
Ken Hands	65	Springfield
Tom Wake	66	Ipswich
John Francis	67	Harwich
David Watkins	68	Harwich
Matt Blacoe	69	Hadleigh
Richard Flutter	70	Harwich
Tom Fowler	71	Gt. Bentley
Gary Donoghue	72	Harwich
Dennis Warner	73	Harwich
Andy Mason	74	Springfield
Bradley Doe	75	Halstead
Ian Cannons	76	Harwich
Pete Jones	77	53-12
Tony Wallen	78	Witham
Roy Read	79	Mid Essex
Lee Pembroke	80	Witham
Mike Grealy	81	Halstead
Patrick Reynolds	82	Gt. Bentley
Richard Millward	83	Colchester Harriers
Phil Watts	84	Springfield
Malcolm Jarvis	85	Gt. Bentley
Marc Underdown	86	Witham
John Booty	87	Gt. Bentley
Jamie Fairfull	88	Tiptree
Dave Gayor	89	Colchester Harriers
Gary Wright	90	Springfield
Julian Catmull	91	Springfield
Mark Ross	92	Gt. Bentley
Kevin Frost	93	Mid Essex
Jamie Neill	94	Gt. Bentley
Chris Seymour	95	Mid Essex
Mark Austin	96	Witham
Rob Warner	97	Harwich
Ed Page	98	53-12
Rob Jeeves	99	Hadleigh
Paul Carlisle	100	Gt. Bentley
Adam Sewell	101	Mid Essex
Edward Skinner	102	Tiptree
Mark Shillaker	103	Tiptree
Ian Cullum	104	Tiptree
Nathan Rawlinson	105	Tiptree

Graham Semple	106	Gt. Bentley
John Markham	107	Halstead
Phil Sanderson	108	Harwich
Shawn Beckerleg	109	Witham
Chris Bing	110	Ipswich
Kevin Payne	111	Mid Essex
Richard Taylor	112	Springfield
Graeme Moon	113	Tiptree
Richard Rule	114	Springfield
Andy Carter	115	Halstead
Shawn Leek	116	Gt. Bentley
Martyn Byford	117	Witham
Mick Poulter	118	Witham
Paul McAllister	119	Hadleigh
Noel Bundy	120	Mid Essex
Craig Barker	121	53-12
Paul Wheeldon	122	Springfield
Paul Bridges	123	Springfield
Perry Beale	124	53-12
Paul Crowson	125	Harwich
Dave Smith	126	Witham
James Kennerley	127	Witham
Andy Stroud	128	Springfield
Paul Hedger	129	Witham
Mark Avery	130	Ipswich
Graham Lee	131	53-12
Graham Clarke	132	Colchester Harriers
Del Harrington	133	Halstead
Dave Jobling	134	Witham
Steve Hunt	135	Hadleigh
Jeff Higgon	136	Harwich
Des Bishop	137	Gt. Bentley
Jim Slater	138	Tiptree
James Mann	139	Harwich
Colin Matthews	140	Harwich
Peter Fraser-Hopewell	141	Harwich
Francis Mills	142	Harwich
Andrew Fuller	143	Gt. Bentley
Leighton Williams	144	Mid Essex
Hugh White	145	Hadleigh
Mike Barstow	146	Harwich

Ladies	Pos	Club
Helen Davies	1	Ipswich
Laura Shewbridge	2	Colchester Harriers
Sue Sorrell	2	Gt. Bentley
Amanda Henry	3	Colchester Harriers
Elisa Bostock	4	Hadleigh
Val Jennings	5	Ipswich
Jayne Williams	6	Ipswich
Vicky Presland	7	Gt. Bentley
Emily Zethraeus	8	Gt. Bentley
Claudine Tisbury	9	Harwich
Rachel Taylor	10	Colchester Harriers
Andrea James	11	Colchester Harriers
Verity Smith	12	Ipswich
Kate Finch	13	Tiptree
Joy Huggins	14	Colchester Harriers
Sophie Apps	15	Gt. Bentley
Fran Norris	16	Colchester Harriers
Liz Stuckey	17	Witham
Anna Lyon	18	Gt. Bentley
Tracy Harrington	19	Tiptree
Nichola Hands	20	Springfield
Georgia Garvin	21	Ipswich
Louise Johnson	22	Ipswich
Brigid Wallen	23	Witham
Abbey Weaver	24	Witham
Karen Loise Skene	25	Gt. Bentley
Madeline Lewis	26	Harwich
Donna Morris	27	Witham
Paula Purtell	28	Mid Essex
Lindsey Rolerkite	29	Tiptree
Wendy Carter	30	Halstead
Elaine Mann	31	Hadleigh
Lorraine Garnham	32	Halstead
Elspeth Knott	33	Harwich
Lorna Pettifer	34	Mid Essex
Anna Mills	35	Gt. Bentley
Tricia Stacey	36	Gt. Bentley
Allison Gillan	37	Springfield
Rebecca Cook	38	Gt. Bentley
Katrina Rigby	39	Hadleigh
Suzanne Heath	40	Ipswich
Hannah Wood	41	Ipswich
Jane de Boltz	42	Ipswich
Bernadette White	43	Hadleigh
Tina Clarke	44	Tiptree
Linda Cunningham	45	Colchester Harriers
Trudy Avis	46	Hadleigh
Lorna Sharp	47	Gt. Bentley
Claire Bransby	48	Harwich

Abigail Morgan	49	Tiptree
Joanne McKay	50	Gt. Bentley
Theresa Bishop	51	Gt. Bentley
Pippa Cresdee	52	Ipswich
Sharon Bannister	53	Springfield
Lex Carlisle	54	Gt. Bentley
Elaine Tribley	55	Springfield
Kerry Marsh	56	Springfield
Davina Swindell	57	Gt. Bentley
Carla Holroyd	58	Harwich
Victoria McCrea	59	Harwich
Marion Simmons	60	Gt. Bentley
Maxine Stevens	61	Springfield
Sarah Miles	62	Ipswich
Julie Haselwood	63	Ipswich
Kirsty Argyll	64	53-12
Paula Rothero	65	Tiptree
Debbie Lewis	67	Witham
Clare Phillips	68	Mid Essex
Rachel Crisp	69	Hadleigh
Liz Jeeves	70	Hadleigh
Faye Brown	71	Harwich
Lesley Fuller	72	Gt. Bentley
Julie Peacock	73	Mid Essex
Ann Piercy	74	Harwich
Claire Reynolds	75	Gt. Bentley
Julie McHale	76	Springfield
Louise Papworth	77	Harwich
Jackie Kirk	78	Hadleigh
Jo Higgon	79	Harwich
Lisa Bond	80	Ipswich
Penny Clarke	81	Witham
Deborah Stewart	82	Hadleigh
Anita Grainger	83	Witham
Wendy Smalley	84	Tiptree
Barbara Law	85	Gt. Bentley
Lynsey Apps	86	Gt. Bentley
Soma Page	87	53-12
Sally Wood	88	Tiptree
Rose Haskey-Jones	89	Tiptree
Karen Pearce	90	Tiptree
Dawn Shilling	91	Tiptree
Sandra James	92	Gt. Bentley

POS	POOL A - MEN	TEAM SCORE			POS	POOL A - WOMEN	TEAM SCORE	Missing
1	Ipswich	107			1	Ipswich	24	
2	Harwich Runners	224			2	Colchester Harriers	26	
3	Springfield Striders	237			3	Great Bentley	48	
4	Great Bentley	257			4	Tiptree	105	
5	Tiptree	432			5	Harwich Runners	116	
6	Colchester Harriers	478			6	Springfield Striders	165	
	POOL B - MEN		Missing			POOL B - WOMEN		Missing
1	Hadleigh Hares	165			1	Hadleigh Hares	35	
2	Witham	168			2	Witham	40	
3	Halstead Road Runners	242			3	Halstead Road Runners	62	
4	Mid Essex	271			4	Mid Essex	62	
5	53-12	276			5	53-12	151	
6	Colchester and Tendring	397	2		6	Colchester and Tendring	186	2
7	Discovery Tri		4		7	Discovery Tri		
						LEAGUE POSITIONS		
POS	POOL A - OVERALL	M/F COMB	PTS	Total Scores		POOL A	PTS	
1	Ipswich	2	6		1	Ipswich	10	
2	Great Bentley	7	5		2	Colchester Harriers	8	
3	Harwich Runners	7	4		3	Great Bentley	8	
4	Colchester Harriers	8	3		4	Springfield Striders	8	
5	Springfield Striders	9	2		5	Harwich Runners	6	
6	Tiptree	9	1		6	Tiptree	2	
	POOL B			Missing		POOL B	PTS	
1	Hadleigh Hares	2	6		1	Witham	11	
2	Witham	4	5		2	Hadleigh Hares	10	
3	Halstead Road Runners	6	4		3	Mid Essex	8	
4	Mid Essex	7	3		4	Halstead Road Runners	7	
5	53-12	10	2		5	53-12	4	
6	Colchester and Tendring	13	1	4	6	Colchester and Tendring	2	
7	Discovery Tri				7	Discovery Tri		