

ESSEX WAY 2013

Cat	No	Team Name	Running Total			Stage 1		Stage 2			Stage 3			Stage 4			Stage 5			Stage 6			Stage 7			Stage 8			Stage 9			Stage 10											
			Tot Pts	Cat Pos	Tot Pos	Pos	Cat	Pos	Pts	Cat	Tot	Pos	Pts	Cat	Tot	Pos	Pts	Cat	Tot	Pos	Pts	Cat	Tot	Pos	Pts	Cat	Tot	Pos	Pts	Cat	Tot	Pos	Pts	Cat	Tot								
A	23	Springfield Striders Men A	30	1	1	1	1	2	3	1	1	2	5	1	1	3	8	1	1	4	12	1	1	1	13	1	1	2	15	1	1	12	27	1	1	2	29	1	1	1	30	1	1
A	28	Ilford A	52	2	2	13	12	3	16	7	7	4	20	6	6	4	24	4	4	1	25	3	2	6	31	2	2	1	32	2	2	6	38	2	2	1	39	2	2	13	52	2	2
A	17	Benfleet Men A	58	3	3	4	4	6	10	4	4	6	16	3	3	2	18	2	2	5	23	2	2	12	35	3	3	4	39	3	3	4	43	3	3	9	52	3	3	6	58	3	3
A	31	Springfield Striders Men B	76	4	4	2	2	7	9	3	3	8	17	5	5	7	24	4	4	12	36	5	5	3	39	4	4	5	44	4	4	18	62	6	6	11	73	5	5	3	76	4	4
A	24	Southend Men A	79	5	5	19	16	1	20	8	8	21	41	10	10	1	42	10	10	3	45	8	8	18	63	8	8	6	69	8	8	5	74	7	7	3	77	6	6	2	79	5	5
A	9	Leigh on Sea Striders - I liked the Boys	87	6	6	3	3	4	7	2	2	5	12	2	2	8	20	3	3	10	30	4	4	9	39	4	4	10	49	5	5	8	57	4	4	15	72	4	4	15	87	6	6
A	21	TGT Men A	93	7	7	6	6	9	15	5	5	1	16	3	3	19	35	7	7	8	43	7	7	4	47	6	6	7	54	6	6	3	57	4	4	31	88	8	8	5	93	7	7
A	32	Grange Farm A	97	8	8	10	9	5	15	5	5	9	24	7	7	6	30	6	6	11	41	6	6	13	54	7	7	11	65	7	7	15	80	8	8	6	86	7	7	11	97	8	8
A	5	Tiptree Men	116	9	9	9	8	18	27	10	11	3	30	8	8	9	39	9	9	17	56	9	9	11	67	9	9	17	84	9	9	20	104	10	10	5	109	9	9	7	116	9	9
A	26	Harwich Runners Men	140	10	11	26	21	13	39	15	18	23	62	15	18	29	91	16	19	2	93	13	15	2	95	11	12	29	124	12	15	2	126	11	12	4	130	11	12	10	140	10	11
A	18	Benfleet Men B	145	11	12	5	5	21	26	9	10	7	33	9	9	5	38	8	8	29	67	10	10	8	75	10	10	9	84	9	9	19	103	9	9	22	125	10	10	20	145	11	12
A	10	Colchester Harriers - Colchester Allsorts	194	12	15	34	25	37	71	24	33	15	86	21	26	27	113	18	22	19	132	17	20	5	137	16	19	3	140	13	16	1	141	12	14	10	151	12	13	43	194	12	15
A	7	Halstead Road Runners	195	13	16	21	17	24	45	20	23	13	58	13	16	12	70	12	14	16	86	12	14	40	126	14	17	20	146	14	17	11	157	13	16	21	178	13	16	17	195	13	16
A	25	Southend Men B	202	14	17	14	13	30	44	18	21	14	58	13	16	15	73	13	16	16	107	15	18	16	123	13	16	36	159	15	18	14	173	15	18	20	193	14	17	9	202	14	17
A	36	Springfield Striders Mixed A	233	15	18	8	7	19	27	10	11	19	46	11	12	13	59	11	12	18	77	11	12	27	104	12	14	15	119	11	13	46	165	14	17	47	212	16	19	21	233	15	18
A	13	Mid Essex Casuals B	249	16	19	24	19	14	38	14	17	11	49	12	14	30	79	14	17	41	120	16	19	23	143	17	20	39	182	16	19	9	191	16	19	18	209	15	18	40	249	16	19
A	33	Grange Farm B	271	17	21	22	18	22	44	18	21	26	70	17	20	10	80	15	18	22	102	14	17	28	130	15	18	54	184	17	20	31	215	17	20	28	243	17	21	28	271	17	21
A	1	Eton Manor AC	277	18	22	56	37	46	102	35	52	16	118	28	40	14	132	22	29	13	145	19	23	48	193	20	29	30	223	20	27	10	233	18	23	12	245	18	22	32	277	18	22
A	40	Pitsea RC Men	303	19	23	52	34	8	60	23	29	49	109	25	36	41	150	24	35	33	183	25	36	25	208	22	32	46	254	24	36	29	283	24	35	8	291	22	31	12	303	19	23
A	29	Ilford B	313	20	27	44	29	49	93	30	45	38	131	29	42	51	182	31	47	20	202	28	42	15	217	24	35	16	233	21	30	7	240	20	25	19	259	19	23	54	313	20	27
A	37	Springfield Striders Mixed B	330	21	30	25	20	15	40	16	19	43	83	19	23	33	116	19	23	27	143	18	22	22	165	18	21	25	190	18	21	44	234	19	24	41	275	20	24	55	330	21	30
A	19	Benfleet Men C	341	22	32	11	10	20	31	12	14	33	64	16	19	39	103	17	20	43	146	20	24	33	179	19	24	23	202	19	24	41	243	21	26	39	282	21	29	59	341	22	32
A	8	East Essex Tri Men	350	23	35	100	39	28	128	39	58	10	138	32	47	37	175	29	43	14	189	27	39	42	231	28	42	48	279	29	43	16	295	28	39	24	319	23	33	31	350	23	35
A	14	Mid Essex Casuals C	367	24	36	35	26	10	45	20	23	54	99	22	29	34	133	23	30	32	165	21	29	56	221	27	38	40	261	26	38	24	285	25	36	38	323	24	35	44	367	24	36
A	27	Harwich Runners Mixed	375	25	38	54	35	50	104	36	54	40	144	34	51	44	188	34	50	42	230	32	49	51	281	33	50	45	326	34	50	21	347	32	47	14	361	29	43	14	375	25	38
A	30	Witham Running Club	376	26	39	28	23	47	75	26	37	32	107	24	34	100	207	35	52	40	247	36	53	14	261	31	47	26	287	30	45	48	335	29	44	37	372	30	45	4	376	26	39
A	2	Thurrock Nomads A	377	27	40	45	30	55	100	34	51	37	137	31	46	21	158	26	39	25	183	25	36	34	217	24	35	24	241	23	33	37	278	23	33	50	328	26	38	49	377	27	40
A	6	Thurrock Nomads B - The Z list	379	28	41	48	31	45	93	30	45	17	110	26	37	43	153	25	37	26	179	24	34	31	210	23	33	28	238	22	32	39	277	22	32	52	329	27	39	50	379	28	41
A	34	Grange Farm C	385	29	42	12	11	23	35	13	16	50	85	20	24	32	117	20	25	51	168	22	32	39	207	21	31	55	262	27	39	32	294	27	38	33	327	25	37	58	385	29	42
A	22	TGT Men B	396	30	44	50	33	31	81	27	39	25	106	23	33	20	126	21	28	47	173	23	33	45	218	26	37	38	256	25	37	36	292	26	37	53	345	28	41	51	396	30	44
A	35	Leigh on Sea Towels by Poolside	402	31	45	18	15	41	59	22	27	100	159	36	55	11	170	28	42	39	209	30	45	100	309	35	52	18	237	35	51	27	354	33	49	32	386	31	46	16	402	31	45
A	3	Tiptree A	424	32	47	55	36	43	98	33	49	56	154	35	54	23	177	30	44	57	234	33	50	36	270	32	48	22	292	31	46	54	346	31	46	59	405	34	50	19	424	32	47
A	20	BSRC	447	33	48	37	28	48	85	28	42	28	113	27	39	46	159	27	40	52	211	31	46	44	255	30	46	43	298	32	47	47	345	30	45	57	402	32	48	45	447	33	48
A	16	Havering 90 B	461	34	50	49	32	39	88	29	43	46	134	30	44	49	183	33	49	56	239	34	51	55	294	34	51	27	321	33	49	49	370	34	50	34	404	33	49	57	461	34	50
A	38	Springfield Striders Mixed C	474	35	51	15	14	26	41	17	20	41	82	18	22	100	182	31	47	24	206	29	44	38	244	29	44	33	277	28	41	100	377	35	51	55	432	35	51	42	474	35	51
A	15	Havering 90 A	495	36	53	100	39	29	129	40	59	47	176	39	58	50	226	37	54	55	281	37	54	54	335	36	53	31	366	36	53	30	396	36	53	58	454	36	53	41	495	36	53
A	41	Pitsea RC Mixed	532	37	54	57	38	52	109	37	56	51	160	37	56	48	208	36	53	36	244	35	52	100	344	38	56	52	396	37	54	52	448	37	54	45	493	37	54	39	532	37	54
A	11	Billericay Striders	571	38	55	36	27	58	94	32	47	44	138	32	47	100	238	38	55	54	292	38	56	50	342	37	55	100	442	38	56	51	493	38	55	44	537	38	55	34	57		

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Position After Stage 1

Stage 1 Results				
Pos	Team	Cat	Name	Points
1	23	A	Springfield Striders Men A	1
2	31	A	Springfield Striders Men B	2
3	9	A	Leigh on Sea Striders - I liked the Boys	3
4	17	A	Benfleet Men A	4
5	18	A	Benfleet Men B	5
6	21	A	TGT Men A	6
7	53	V	Springfield Striders Vets	7
8	36	A	Springfield Striders Mixed A	8
9	5	A	Tiptree Men	9
10	32	A	Grange Farm A	10
11	19	A	Benfleet Men C	11
12	34	A	Grange Farm C	12
13	28	A	Ilford A	13
14	25	A	Southend Men B	14
15	38	A	Springfield Striders Mixed C	15
16	59	L	Grange Farm Ladies	16
17	64	L	Benfleet Ladies A	17
18	35	A	Leigh on Sea Towels by Poolside	18
19	24	A	Southend Men A	19
20	50	V	Harwich Runners Vets	20
21	7	A	Halstead Road Runners	21
22	33	A	Grange Farm B	22
23	51	V	Ilford Vets	23
24	13	A	Mid Essex Casuals B	24
25	37	A	Springfield Striders Mixed B	25
26	26	A	Harwich Runners Men	26
27	4	A	Tiptree B	27
28	30	A	Witham Running Club	28
29	62	L	Leigh on Sea - Weekend without Make up	29
30	66	L	TGT Ladies A	30
31	52	V	TGT Vets	31
32	61	L	East Essex Tri Women	32
33	39	A	Springfield Striders Mixed D	33
34	10	A	Colchester Harriers - Colchester Allsorts	34
35	14	A	Mid Essex Casuals C	35
36	11	A	Billericay Striders	36
37	20	A	BSRC	37
38	69	L	Southend Ladies	38
39	12	V	Mid Essex Casuals A	39
40	58	L	Springfield Striders Ladies B	40
41	65	L	Benfleet Ladies B	41
42	63	L	Billericay Striders	42
43	67	L	TGT Ladies B	43
44	29	A	Ilford B	44
45	2	A	Thurrock Nomads A	45
46	60	L	Tiptree Ladies	46
47	57	L	Springfield Striders Ladies A	47
48	6	A	Thurrock Nomads B - The Z list	48
49	16	A	Havering 90 B	49
50	22	A	TGT Men B	50
51	68	L	Pitsea RC Ladies	51
52	40	A	Pitsea RC Men	52
53	70	L	Harwich Runners Ladies	53
54	27	A	Harwich Runners Mixed	54
55	3	A	Tiptree A	55
56	1	A	Eton Manor AC	56
57	41	A	Pitsea RC Mixed	57
100	8	A	East Essex Tri Men	100
100	15	A	Havering 90 A	100

Category Positions				
Open Team				Points
1	23	Springfield Striders Men A		1
2	31	Springfield Striders Men B		2
3	9	Leigh on Sea Striders - I liked the Boys		3
4	17	Benfleet Men A		4
5	18	Benfleet Men B		5
6	21	TGT Men A		6
7	36	Springfield Striders Mixed A		8
8	5	Tiptree Men		9
9	32	Grange Farm A		10
10	19	Benfleet Men C		11
11	34	Grange Farm C		12
12	28	Ilford A		13
13	25	Southend Men B		14
14	38	Springfield Striders Mixed C		15
15	35	Leigh on Sea Towels by Poolside		18
16	24	Southend Men A		19
17	7	Halstead Road Runners		21
18	33	Grange Farm B		22
19	13	Mid Essex Casuals B		24
20	37	Springfield Striders Mixed B		25
21	26	Harwich Runners Men		26
22	4	Tiptree B		27
23	30	Witham Running Club		28
24	39	Springfield Striders Mixed D		33
25	10	Colchester Harriers - Colchester Allsorts		34
26	14	Mid Essex Casuals C		35
27	11	Billericay Striders		36
28	20	BSRC		37
29	29	Ilford B		44
30	2	Thurrock Nomads A		45
31	6	Thurrock Nomads B - The Z list		48
32	16	Havering 90 B		49
33	22	TGT Men B		50
34	40	Pitsea RC Men		52
35	27	Harwich Runners Mixed		54
36	3	Tiptree A		55
37	1	Eton Manor AC		56
38	41	Pitsea RC Mixed		57
39	8	East Essex Tri Men		100
40	15	Havering 90 A		100
Ladies Team				Points
1	59	Grange Farm Ladies		16
2	64	Benfleet Ladies A		17
3	62	Leigh on Sea - Weekend without Make up		29
4	66	TGT Ladies A		30
5	61	East Essex Tri Women		32
6	69	Southend Ladies		38
7	58	Springfield Striders Ladies B		40
8	65	Benfleet Ladies B		41
9	63	Billericay Striders		42
10	67	TGT Ladies B		43
11	60	Tiptree Ladies		46
12	57	Springfield Striders Ladies A		47
13	68	Pitsea RC Ladies		51
14	70	Harwich Runners Ladies		53
Vets Team				Points
1	53	Springfield Striders Vets		7
2	50	Harwich Runners Vets		20
3	51	Ilford Vets		23
4	52	TGT Vets		31
5	12	Mid Essex Casuals A		39

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Position After Stage 2

Stage 2 Results				
Pos	Team	Cat	Name	Points
1	24	A	Southend Men A	20
2	23	A	Springfield Striders Men A	3
3	28	A	Ilford A	16
4	9	A	Leigh on Sea Striders - I liked the Boys	7
5	32	A	Grange Farm A	15
6	17	A	Benfleet Men A	10
7	31	A	Springfield Striders Men B	9
8	40	A	Pitsea RC Men	60
9	21	A	TGT Men A	15
10	14	A	Mid Essex Casuals C	45
11	50	V	Harwich Runners Vets	31
12	64	L	Benfleet Ladies A	29
13	26	A	Harwich Runners Men	39
14	13	A	Mid Essex Casuals B	38
15	37	A	Springfield Striders Mixed B	40
16	53	V	Springfield Striders Vets	23
17	69	L	Southend Ladies	55
18	5	A	Tiptree Men	27
19	36	A	Springfield Striders Mixed A	27
20	19	A	Benfleet Men C	31
21	18	A	Benfleet Men B	26
22	33	A	Grange Farm B	44
23	34	A	Grange Farm C	35
24	7	A	Halstead Road Runners	45
25	12	V	Mid Essex Casuals A	64
26	38	A	Springfield Striders Mixed C	41
27	57	L	Springfield Striders Ladies A	74
28	8	A	East Essex Tri Men	128
29	15	A	Havering 90 A	129
30	25	A	Southend Men B	44
31	22	A	TGT Men B	81
32	66	L	TGT Ladies A	62
33	65	L	Benfleet Ladies B	74
34	62	L	Leigh on Sea - Weekend without Make up	63
35	60	L	Tiptree Ladies	81
36	51	V	Ilford Vets	59
37	10	A	Colchester Harriers - Colchester Allsorts	71
38	39	A	Springfield Striders Mixed D	71
39	16	A	Havering 90 B	88
40	67	L	TGT Ladies B	83
41	35	A	Leigh on Sea Towels by Poolside	59
42	59	L	Grange Farm Ladies	58
43	3	A	Tiptree A	98
44	52	V	TGT Vets	75
45	6	A	Thurrock Nomads B - The Z list	93
46	1	A	Eton Manor AC	102
47	30	A	Witham Running Club	75
48	20	A	BSRC	85
49	29	A	Ilford B	93
50	27	A	Harwich Runners Mixed	104
51	68	L	Pitsea RC Ladies	102
52	41	A	Pitsea RC Mixed	109
53	70	L	Harwich Runners Ladies	106
54	58	L	Springfield Striders Ladies B	94
55	2	A	Thurrock Nomads A	100
56	61	L	East Essex Tri Women	88
57	63	L	Billericay Striders	99
58	11	A	Billericay Striders	94
100	4	A	Tiptree B	127

Category Positions			
Open Team			Points
1	23	Springfield Striders Men A	3
2	9	Leigh on Sea Striders - I liked the Boys	7
3	31	Springfield Striders Men B	9
4	17	Benfleet Men A	10
5	32	Grange Farm A	15
6	21	TGT Men A	15
7	28	Ilford A	16
8	24	Southend Men A	20
9	18	Benfleet Men B	26
10	5	Tiptree Men	27
11	36	Springfield Striders Mixed A	27
12	19	Benfleet Men C	31
13	34	Grange Farm C	35
14	13	Mid Essex Casuals B	38
15	26	Harwich Runners Men	39
16	37	Springfield Striders Mixed B	40
17	38	Springfield Striders Mixed C	41
18	33	Grange Farm B	44
19	25	Southend Men B	44
20	14	Mid Essex Casuals C	45
21	7	Halstead Road Runners	45
22	35	Leigh on Sea Towels by Poolside	59
23	40	Pitsea RC Men	60
24	10	Colchester Harriers - Colchester Allsorts	71
25	39	Springfield Striders Mixed D	71
26	30	Witham Running Club	75
27	22	TGT Men B	81
28	20	BSRC	85
29	16	Havering 90 B	88
30	6	Thurrock Nomads B - The Z list	93
31	29	Ilford B	93
32	11	Billericay Striders	94
33	3	Tiptree A	98
34	2	Thurrock Nomads A	100
35	1	Eton Manor AC	102
36	27	Harwich Runners Mixed	104
37	41	Pitsea RC Mixed	109
38	4	Tiptree B	127
39	8	East Essex Tri Men	128
40	15	Havering 90 A	129

Ladies Team			Points
1	64	Benfleet Ladies A	29
2	69	Southend Ladies	55
3	59	Grange Farm Ladies	58
4	66	TGT Ladies A	62
5	62	Leigh on Sea - Weekend without Make up	63
6	57	Springfield Striders Ladies A	74
7	65	Benfleet Ladies B	74
8	60	Tiptree Ladies	81
9	67	TGT Ladies B	83
10	61	East Essex Tri Women	88
11	58	Springfield Striders Ladies B	94
12	63	Billericay Striders	99
13	68	Pitsea RC Ladies	102
14	70	Harwich Runners Ladies	106

Vets Team			Points
1	53	Springfield Striders Vets	23
2	50	Harwich Runners Vets	31
3	51	Ilford Vets	59
4	12	Mid Essex Casuals A	64
5	52	TGT Vets	75

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Position After Stage 3

Stage 3 Results				
Pos	Team	Cat	Name	Points
1	21	A	TGT Men A	16
2	23	A	Springfield Striders Men A	5
3	5	A	Tiptree Men	30
4	28	A	Ilford A	20
5	9	A	Leigh on Sea Striders - I liked the Boys	12
6	17	A	Benfleet Men A	16
7	18	A	Benfleet Men B	33
8	31	A	Springfield Striders Men B	17
9	32	A	Grange Farm A	24
10	8	A	East Essex Tri Men	138
11	13	A	Mid Essex Casuals B	49
12	64	L	Benfleet Ladies A	41
13	7	A	Halstead Road Runners	58
14	25	A	Southend Men B	58
15	10	A	Colchester Harriers - Colchester Allsorts	86
16	1	A	Eton Manor AC	118
17	6	A	Thurrock Nomads B - The Z list	110
18	50	V	Harwich Runners Vets	49
19	36	A	Springfield Striders Mixed A	46
20	69	L	Southend Ladies	75
21	24	A	Southend Men A	41
22	61	L	East Essex Tri Women	110
23	26	A	Harwich Runners Men	62
24	53	V	Springfield Striders Vets	47
25	22	A	TGT Men B	106
26	33	A	Grange Farm B	70
27	59	L	Grange Farm Ladies	85
28	20	A	BSRC	113
29	51	V	Ilford Vets	88
30	66	L	TGT Ladies A	92
31	65	L	Benfleet Ladies B	105
32	30	A	Witham Running Club	107
33	19	A	Benfleet Men C	64
34	57	L	Springfield Striders Ladies A	108
35	12	V	Mid Essex Casuals A	99
36	70	L	Harwich Runners Ladies	142
37	2	A	Thurrock Nomads A	137
38	29	A	Ilford B	131
39	62	L	Leigh on Sea - Weekend without Make up	102
40	27	A	Harwich Runners Mixed	144
41	38	A	Springfield Striders Mixed C	82
42	58	L	Springfield Striders Ladies B	136
43	37	A	Springfield Striders Mixed B	83
44	11	A	Billericay Striders	138
45	63	L	Billericay Striders	144
46	16	A	Havering 90 B	134
47	15	A	Havering 90 A	176
48	68	L	Pitsea RC Ladies	150
49	40	A	Pitsea RC Men	109
50	34	A	Grange Farm C	85
51	41	A	Pitsea RC Mixed	160
52	60	L	Tiptree Ladies	133
53	52	V	TGT Vets	128
54	14	A	Mid Essex Casuals C	99
55	67	L	TGT Ladies B	138
56	3	A	Tiptree A	154
57	4	A	Tiptree B	184
100	35	A	Leigh on Sea Towels by Poolside	159
100	39	A	Springfield Striders Mixed D	171

Category Positions			
Open Team			Points
1	23	Springfield Striders Men A	5
2	9	Leigh on Sea Striders - I liked the Boys	12
3	21	TGT Men A	16
4	17	Benfleet Men A	16
5	31	Springfield Striders Men B	17
6	28	Ilford A	20
7	32	Grange Farm A	24
8	5	Tiptree Men	30
9	18	Benfleet Men B	33
10	24	Southend Men A	41
11	36	Springfield Striders Mixed A	46
12	13	Mid Essex Casuals B	49
13	7	Halstead Road Runners	58
14	25	Southend Men B	58
15	26	Harwich Runners Men	62
16	19	Benfleet Men C	64
17	33	Grange Farm B	70
18	38	Springfield Striders Mixed C	82
19	37	Springfield Striders Mixed B	83
20	34	Grange Farm C	85
21	10	Colchester Harriers - Colchester Allsorts	86
22	14	Mid Essex Casuals C	99
23	22	TGT Men B	106
24	30	Witham Running Club	107
25	40	Pitsea RC Men	109
26	6	Thurrock Nomads B - The Z list	110
27	20	BSRC	113
28	1	Eton Manor AC	118
29	29	Ilford B	131
30	16	Havering 90 B	134
31	2	Thurrock Nomads A	137
32	8	East Essex Tri Men	138
33	11	Billericay Striders	138
34	27	Harwich Runners Mixed	144
35	3	Tiptree A	154
36	35	Leigh on Sea Towels by Poolside	159
37	41	Pitsea RC Mixed	160
38	39	Springfield Striders Mixed D	171
39	15	Havering 90 A	176
40	4	Tiptree B	184

Ladies Team			Points
1	64	Benfleet Ladies A	41
2	69	Southend Ladies	75
3	59	Grange Farm Ladies	85
4	66	TGT Ladies A	92
5	62	Leigh on Sea - Weekend without Make up	102
6	65	Benfleet Ladies B	105
7	57	Springfield Striders Ladies A	108
8	61	East Essex Tri Women	110
9	60	Tiptree Ladies	133
10	58	Springfield Striders Ladies B	136
11	67	TGT Ladies B	138
12	70	Harwich Runners Ladies	142
13	63	Billericay Striders	144
14	68	Pitsea RC Ladies	150

Vets Team			Points
1	53	Springfield Striders Vets	47
2	50	Harwich Runners Vets	49
3	51	Ilford Vets	88
4	12	Mid Essex Casuals A	99
5	52	TGT Vets	128

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Position After Stage 4

Stage 4 Results				
Pos	Team	Cat	Name	Points
1	24	A	Southend Men A	42
2	17	A	Benfleet Men A	18
3	23	A	Springfield Striders Men A	8
4	28	A	Ilford A	24
5	18	A	Benfleet Men B	38
6	32	A	Grange Farm A	30
7	31	A	Springfield Striders Men B	24
8	9	A	Leigh on Sea Striders - I liked the Boys	20
9	5	A	Tiptree Men	39
10	33	A	Grange Farm B	80
11	35	A	Leigh on Sea Towels by Poolside	170
12	7	A	Halstead Road Runners	70
13	36	A	Springfield Striders Mixed A	59
14	1	A	Eton Manor AC	132
15	25	A	Southend Men B	73
16	64	L	Benfleet Ladies A	57
17	50	V	Harwich Runners Vets	66
18	58	L	Springfield Striders Ladies B	154
19	21	A	TGT Men A	35
20	22	A	TGT Men B	126
21	2	A	Thurrock Nomads A	158
22	62	L	Leigh on Sea - Weekend without Make up	124
23	3	A	Tiptree A	177
24	66	L	TGT Ladies A	116
25	53	V	Springfield Striders Vets	72
26	59	L	Grange Farm Ladies	111
27	10	A	Colchester Harriers - Colchester Allsorts	113
28	57	L	Springfield Striders Ladies A	136
29	26	A	Harwich Runners Men	91
30	13	A	Mid Essex Casuals B	79
31	52	V	TGT Vets	159
32	34	A	Grange Farm C	117
33	37	A	Springfield Striders Mixed B	116
34	14	A	Mid Essex Casuals C	133
35	12	V	Mid Essex Casuals A	134
36	70	L	Harwich Runners Ladies	178
37	8	A	East Essex Tri Men	175
38	61	L	East Essex Tri Women	148
39	19	A	Benfleet Men C	103
40	68	L	Pitsea RC Ladies	190
41	40	A	Pitsea RC Men	150
42	69	L	Southend Ladies	117
43	6	A	Thurrock Nomads B - The Z list	153
44	27	A	Harwich Runners Mixed	188
45	60	L	Tiptree Ladies	178
46	20	A	BSRC	159
47	65	L	Benfleet Ladies B	152
48	41	A	Pitsea RC Mixed	208
49	16	A	Havering 90 B	183
50	15	A	Havering 90 A	226
51	29	A	Ilford B	182
52	51	V	Ilford Vets	140
100	38	A	Springfield Striders Mixed C	182
100	4	A	Tiptree B	284
100	30	A	Witham Running Club	207
100	11	A	Billericay Striders	238
100	63	L	Billericay Striders	244
100	67	L	TGT Ladies B	238
100	39	A	Springfield Striders Mixed D	271

Category Positions			
Open Team			Points
1	23	Springfield Striders Men A	8
2	17	Benfleet Men A	18
3	9	Leigh on Sea Striders - I liked the Boys	20
4	28	Ilford A	24
5	31	Springfield Striders Men B	24
6	32	Grange Farm A	30
7	21	TGT Men A	35
8	18	Benfleet Men B	38
9	5	Tiptree Men	39
10	24	Southend Men A	42
11	36	Springfield Striders Mixed A	59
12	7	Halstead Road Runners	70
13	25	Southend Men B	73
14	13	Mid Essex Casuals B	79
15	33	Grange Farm B	80
16	26	Harwich Runners Men	91
17	19	Benfleet Men C	103
18	10	Colchester Harriers - Colchester Allsorts	113
19	37	Springfield Striders Mixed B	116
20	34	Grange Farm C	117
21	22	TGT Men B	126
22	1	Eton Manor AC	132
23	14	Mid Essex Casuals C	133
24	40	Pitsea RC Men	150
25	6	Thurrock Nomads B - The Z list	153
26	2	Thurrock Nomads A	158
27	20	BSRC	159
28	35	Leigh on Sea Towels by Poolside	170
29	8	East Essex Tri Men	175
30	3	Tiptree A	177
31	29	Ilford B	182
32	38	Springfield Striders Mixed C	182
33	16	Havering 90 B	183
34	27	Harwich Runners Mixed	188
35	30	Witham Running Club	207
36	41	Pitsea RC Mixed	208
37	15	Havering 90 A	226
38	11	Billericay Striders	238
39	39	Springfield Striders Mixed D	271
40	4	Tiptree B	284

Ladies Team			Points
1	64	Benfleet Ladies A	57
2	59	Grange Farm Ladies	111
3	66	TGT Ladies A	116
4	69	Southend Ladies	117
5	62	Leigh on Sea - Weekend without Make up	124
6	57	Springfield Striders Ladies A	136
7	61	East Essex Tri Women	148
8	65	Benfleet Ladies B	152
9	58	Springfield Striders Ladies B	154
10	70	Harwich Runners Ladies	178
11	60	Tiptree Ladies	178
12	68	Pitsea RC Ladies	190
13	67	TGT Ladies B	238
14	63	Billericay Striders	244

Vets Team			Points
1	50	Harwich Runners Vets	66
2	53	Springfield Striders Vets	72
3	12	Mid Essex Casuals A	134
4	51	Ilford Vets	140
5	52	TGT Vets	159

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Position After Stage 5

Stage 5 Results				
Pos	Team	Cat	Name	Points
1	28	A	Ilford A	25
2	26	A	Harwich Runners Men	93
3	24	A	Southend Men A	45
4	23	A	Springfield Striders Men A	12
5	17	A	Benfleet Men A	23
6	50	V	Harwich Runners Vets	72
7	70	L	Harwich Runners Ladies	185
8	21	A	TGT Men A	43
9	51	V	Ilford Vets	149
10	9	A	Leigh on Sea Striders - I liked the Boys	30
11	32	A	Grange Farm A	41
12	31	A	Springfield Striders Men B	36
13	1	A	Eton Manor AC	145
14	8	A	East Essex Tri Men	189
15	61	L	East Essex Tri Women	163
16	7	A	Halstead Road Runners	86
17	5	A	Tiptree Men	56
18	36	A	Springfield Striders Mixed A	77
19	10	A	Colchester Harriers - Colchester Allsorts	132
20	29	A	Ilford B	202
21	53	V	Springfield Striders Vets	93
22	33	A	Grange Farm B	102
23	62	L	Leigh on Sea - Weekend without Make up	147
24	38	A	Springfield Striders Mixed C	206
25	2	A	Thurrock Nomads A	183
26	6	A	Thurrock Nomads B - The Z list	179
27	37	A	Springfield Striders Mixed B	143
28	64	L	Benfleet Ladies A	85
29	18	A	Benfleet Men B	67
30	59	L	Grange Farm Ladies	141
31	57	L	Springfield Striders Ladies A	167
32	14	A	Mid Essex Casuals C	165
33	40	A	Pitsea RC Men	183
34	25	A	Southend Men B	107
35	68	L	Pitsea RC Ladies	225
36	41	A	Pitsea RC Mixed	244
37	65	L	Benfleet Ladies B	189
38	69	L	Southend Ladies	155
39	35	A	Leigh on Sea Towels by Poolside	209
40	30	A	Witham Running Club	247
41	13	A	Mid Essex Casuals B	120
42	27	A	Harwich Runners Mixed	230
43	19	A	Benfleet Men C	146
44	52	V	TGT Vets	203
45	58	L	Springfield Striders Ladies B	199
46	12	V	Mid Essex Casuals A	180
47	22	A	TGT Men B	173
48	67	L	TGT Ladies B	286
49	66	L	TGT Ladies A	165
50	60	L	Tiptree Ladies	228
51	34	A	Grange Farm C	168
52	20	A	BSRC	211
53	63	L	Billericay Striders	297
54	11	A	Billericay Striders	292
55	15	A	Havering 90 A	281
56	16	A	Havering 90 B	239
57	3	A	Tiptree A	234
100	39	A	Springfield Striders Mixed D	371
100	4	A	Tiptree B	384

Category Positions			
Open Team			Points
1	23	Springfield Striders Men A	12
2	17	Benfleet Men A	23
3	28	Ilford A	25
4	9	Leigh on Sea Striders - I liked the Boys	30
5	31	Springfield Striders Men B	36
6	32	Grange Farm A	41
7	21	TGT Men A	43
8	24	Southend Men A	45
9	5	Tiptree Men	56
10	18	Benfleet Men B	67
11	36	Springfield Striders Mixed A	77
12	7	Halstead Road Runners	86
13	26	Harwich Runners Men	93
14	33	Grange Farm B	102
15	25	Southend Men B	107
16	13	Mid Essex Casuals B	120
17	10	Colchester Harriers - Colchester Allsorts	132
18	37	Springfield Striders Mixed B	143
19	1	Eton Manor AC	145
20	19	Benfleet Men C	146
21	14	Mid Essex Casuals C	165
22	34	Grange Farm C	168
23	22	TGT Men B	173
24	6	Thurrock Nomads B - The Z list	179
25	2	Thurrock Nomads A	183
26	40	Pitsea RC Men	183
27	8	East Essex Tri Men	189
28	29	Ilford B	202
29	38	Springfield Striders Mixed C	206
30	35	Leigh on Sea Towels by Poolside	209
31	20	BSRC	211
32	27	Harwich Runners Mixed	230
33	3	Tiptree A	234
34	16	Havering 90 B	239
35	41	Pitsea RC Mixed	244
36	30	Witham Running Club	247
37	15	Havering 90 A	281
38	11	Billericay Striders	292
39	39	Springfield Striders Mixed D	371
40	4	Tiptree B	384

Ladies Team			Points
1	64	Benfleet Ladies A	85
2	59	Grange Farm Ladies	141
3	62	Leigh on Sea - Weekend without Make up	147
4	69	Southend Ladies	155
5	61	East Essex Tri Women	163
6	66	TGT Ladies A	165
7	57	Springfield Striders Ladies A	167
8	70	Harwich Runners Ladies	185
9	65	Benfleet Ladies B	189
10	58	Springfield Striders Ladies B	199
11	68	Pitsea RC Ladies	225
12	60	Tiptree Ladies	228
13	67	TGT Ladies B	286
14	63	Billericay Striders	297

Vets Team			Points
1	50	Harwich Runners Vets	72
2	53	Springfield Striders Vets	93
3	51	Ilford Vets	149
4	12	Mid Essex Casuals A	180
5	52	TGT Vets	203

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Position After Stage 6

Stage 6 Results				
Pos	Team	Cat	Name	Points
1	23	A	Springfield Striders Men A	13
2	26	A	Harwich Runners Men	95
3	31	A	Springfield Striders Men B	39
4	21	A	TGT Men A	47
5	10	A	Colchester Harriers - Colchester Allsorts	137
6	28	A	Ilford A	31
7	12	V	Mid Essex Casuals A	187
8	18	A	Benfleet Men B	75
9	9	A	Leigh on Sea Striders - I liked the Boys	39
10	50	V	Harwich Runners Vets	82
11	5	A	Tiptree Men	67
12	17	A	Benfleet Men A	35
13	32	A	Grange Farm A	54
14	30	A	Witham Running Club	261
15	29	A	Ilford B	217
16	25	A	Southend Men B	123
17	64	L	Benfleet Ladies A	102
18	24	A	Southend Men A	63
19	53	V	Springfield Striders Vets	112
20	57	L	Springfield Striders Ladies A	187
21	60	L	Tiptree Ladies	249
22	37	A	Springfield Striders Mixed B	165
23	13	A	Mid Essex Casuals B	143
24	69	L	Southend Ladies	179
25	40	A	Pitsea RC Men	208
26	52	V	TGT Vets	229
27	36	A	Springfield Striders Mixed A	104
28	33	A	Grange Farm B	130
29	58	L	Springfield Striders Ladies B	228
30	62	L	Leigh on Sea - Weekend without Make up	177
31	6	A	Thurrock Nomads B - The Z list	210
32	65	L	Benfleet Ladies B	221
33	19	A	Benfleet Men C	179
34	2	A	Thurrock Nomads A	217
35	51	V	Ilford Vets	184
36	3	A	Tiptree A	270
37	59	L	Grange Farm Ladies	178
38	38	A	Springfield Striders Mixed C	244
39	34	A	Grange Farm C	207
40	7	A	Halstead Road Runners	126
41	4	A	Tiptree B	425
42	8	A	East Essex Tri Men	231
43	61	L	East Essex Tri Women	206
44	20	A	BSRC	255
45	22	A	TGT Men B	218
46	70	L	Harwich Runners Ladies	231
47	66	L	TGT Ladies A	212
48	1	A	Eton Manor AC	193
49	63	L	Billericay Striders	346
50	11	A	Billericay Striders	342
51	27	A	Harwich Runners Mixed	281
52	68	L	Pitsea RC Ladies	277
53	67	L	TGT Ladies B	339
54	15	A	Havering 90 A	335
55	16	A	Havering 90 B	294
56	14	A	Mid Essex Casuals C	221
100	35	A	Leigh on Sea Towels by Poolside	309
100	39	A	Springfield Striders Mixed D	471
100	41	A	Pitsea RC Mixed	344

Category Positions			
Open Team			Points
1	23	Springfield Striders Men A	13
2	28	Ilford A	31
3	17	Benfleet Men A	35
4	31	Springfield Striders Men B	39
5	9	Leigh on Sea Striders - I liked the Boys	39
6	21	TGT Men A	47
7	32	Grange Farm A	54
8	24	Southend Men A	63
9	5	Tiptree Men	67
10	18	Benfleet Men B	75
11	26	Harwich Runners Men	95
12	36	Springfield Striders Mixed A	104
13	25	Southend Men B	123
14	7	Halstead Road Runners	126
15	33	Grange Farm B	130
16	10	Colchester Harriers - Colchester Allsorts	137
17	13	Mid Essex Casuals B	143
18	37	Springfield Striders Mixed B	165
19	19	Benfleet Men C	179
20	1	Eton Manor AC	193
21	34	Grange Farm C	207
22	40	Pitsea RC Men	208
23	6	Thurrock Nomads B - The Z list	210
24	29	Ilford B	217
25	2	Thurrock Nomads A	217
26	22	TGT Men B	218
27	14	Mid Essex Casuals C	221
28	8	East Essex Tri Men	231
29	38	Springfield Striders Mixed C	244
30	20	BSRC	255
31	30	Witham Running Club	261
32	3	Tiptree A	270
33	27	Harwich Runners Mixed	281
34	16	Havering 90 B	294
35	35	Leigh on Sea Towels by Poolside	309
36	15	Havering 90 A	335
37	11	Billericay Striders	342
38	41	Pitsea RC Mixed	344
39	4	Tiptree B	425
40	39	Springfield Striders Mixed D	471

Ladies Team			Points
1	64	Benfleet Ladies A	102
2	62	Leigh on Sea - Weekend without Make up	177
3	59	Grange Farm Ladies	178
4	69	Southend Ladies	179
5	57	Springfield Striders Ladies A	187
6	61	East Essex Tri Women	206
7	66	TGT Ladies A	212
8	65	Benfleet Ladies B	221
9	58	Springfield Striders Ladies B	228
10	70	Harwich Runners Ladies	231
11	60	Tiptree Ladies	249
12	68	Pitsea RC Ladies	277
13	67	TGT Ladies B	339
14	63	Billericay Striders	346

Vets Team			Points
1	50	Harwich Runners Vets	82
2	53	Springfield Striders Vets	112
3	51	Ilford Vets	184
4	12	Mid Essex Casuals A	187
5	52	TGT Vets	229

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Position After Stage 7

Stage 7 Results				
	Team	Cat	Name	Points
1	28	A	Ilford A	32
2	23	A	Springfield Striders Men A	15
3	10	A	Colchester Harriers - Colchester Allsorts	140
4	17	A	Benfleet Men A	39
5	31	A	Springfield Striders Men B	44
6	24	A	Southend Men A	69
7	21	A	TGT Men A	54
8	53	V	Springfield Striders Vets	120
9	18	A	Benfleet Men B	84
10	9	A	Leigh on Sea Striders - I liked the Boys	49
11	32	A	Grange Farm A	65
12	64	L	Benfleet Ladies A	114
13	65	L	Benfleet Ladies B	234
14	51	V	Ilford Vets	198
15	36	A	Springfield Striders Mixed A	119
16	29	A	Ilford B	233
17	5	A	Tiptree Men	84
18	35	A	Leigh on Sea Towels by Poolside	327
19	69	L	Southend Ladies	198
20	7	A	Halstead Road Runners	146
21	50	V	Harwich Runners Vets	103
22	3	A	Tiptree A	292
23	19	A	Benfleet Men C	202
24	2	A	Thurrock Nomads A	241
25	37	A	Springfield Striders Mixed B	190
26	30	A	Witham Running Club	287
27	16	A	Havering 90 B	321
28	6	A	Thurrock Nomads B - The Z list	238
29	26	A	Harwich Runners Men	124
30	1	A	Eton Manor AC	223
31	15	A	Havering 90 A	366
32	62	L	Leigh on Sea - Weekend without Make up	209
33	38	A	Springfield Striders Mixed C	277
34	39	A	Springfield Striders Mixed D	505
35	59	L	Grange Farm Ladies	213
36	25	A	Southend Men B	159
37	57	L	Springfield Striders Ladies A	224
38	22	A	TGT Men B	256
39	13	A	Mid Essex Casuals B	182
40	14	A	Mid Essex Casuals C	261
41	66	L	TGT Ladies A	253
42	70	L	Harwich Runners Ladies	273
43	20	A	BSRC	298
44	12	V	Mid Essex Casuals A	231
45	27	A	Harwich Runners Mixed	326
46	40	A	Pitsea RC Men	254
47	61	L	East Essex Tri Women	253
48	8	A	East Essex Tri Men	279
49	58	L	Springfield Striders Ladies B	277
50	60	L	Tiptree Ladies	299
51	68	L	Pitsea RC Ladies	328
52	41	A	Pitsea RC Mixed	396
53	52	V	TGT Vets	282
54	33	A	Grange Farm B	184
55	34	A	Grange Farm C	262
100	11	A	Billericay Striders	442
100	4	A	Tiptree B	525
100	67	L	TGT Ladies B	439
100	63	L	Billericay Striders	446

Category Positions			
Open Team			Points
1	23	Springfield Striders Men A	15
2	28	Ilford A	32
3	17	Benfleet Men A	39
4	31	Springfield Striders Men B	44
5	9	Leigh on Sea Striders - I liked the Boys	49
6	21	TGT Men A	54
7	32	Grange Farm A	65
8	24	Southend Men A	69
9	18	Benfleet Men B	84
10	5	Tiptree Men	84
11	36	Springfield Striders Mixed A	119
12	26	Harwich Runners Men	124
13	10	Colchester Harriers - Colchester Allsorts	140
14	7	Halstead Road Runners	146
15	25	Southend Men B	159
16	13	Mid Essex Casuals B	182
17	33	Grange Farm B	184
18	37	Springfield Striders Mixed B	190
19	19	Benfleet Men C	202
20	1	Eton Manor AC	223
21	29	Ilford B	233
22	6	Thurrock Nomads B - The Z list	238
23	2	Thurrock Nomads A	241
24	40	Pitsea RC Men	254
25	22	TGT Men B	256
26	14	Mid Essex Casuals C	261
27	34	Grange Farm C	262
28	38	Springfield Striders Mixed C	277
29	8	East Essex Tri Men	279
30	30	Witham Running Club	287
31	3	Tiptree A	292
32	20	BSRC	298
33	16	Havering 90 B	321
34	27	Harwich Runners Mixed	326
35	35	Leigh on Sea Towels by Poolside	327
36	15	Havering 90 A	366
37	41	Pitsea RC Mixed	396
38	11	Billericay Striders	442
39	39	Springfield Striders Mixed D	505
40	4	Tiptree B	525

Ladies Team			Points
1	64	Benfleet Ladies A	114
2	69	Southend Ladies	198
3	62	Leigh on Sea - Weekend without Make up	209
4	59	Grange Farm Ladies	213
5	57	Springfield Striders Ladies A	224
6	65	Benfleet Ladies B	234
7	66	TGT Ladies A	253
8	61	East Essex Tri Women	253
9	70	Harwich Runners Ladies	273
10	58	Springfield Striders Ladies B	277
11	60	Tiptree Ladies	299
12	68	Pitsea RC Ladies	328
13	67	TGT Ladies B	439
14	63	Billericay Striders	446

Vets Team			Points
1	50	Harwich Runners Vets	103
2	53	Springfield Striders Vets	120
3	51	Ilford Vets	198
4	12	Mid Essex Casuals A	231
5	52	TGT Vets	282

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Position After Stage 8

Stage 8 Results				
Pos	Team	Cat	Name	Points
1	10	A	Colchester Harriers - Colchester Allsorts	141
2	26	A	Harwich Runners Men	126
3	21	A	TGT Men A	57
4	17	A	Benfleet Men A	43
5	24	A	Southend Men A	74
6	28	A	Ilford A	38
7	29	A	Ilford B	240
8	9	A	Leigh on Sea Striders - I liked the Boys	57
9	13	A	Mid Essex Casuals B	191
10	1	A	Eton Manor AC	233
11	7	A	Halstead Road Runners	157
12	23	A	Springfield Striders Men A	27
13	12	V	Mid Essex Casuals A	244
14	25	A	Southend Men B	173
15	32	A	Grange Farm A	80
16	8	A	East Essex Tri Men	295
17	50	V	Harwich Runners Vets	120
18	31	A	Springfield Striders Men B	62
19	18	A	Benfleet Men B	103
20	5	A	Tiptree Men	104
21	27	A	Harwich Runners Mixed	347
22	64	L	Benfleet Ladies A	136
23	69	L	Southend Ladies	221
24	14	A	Mid Essex Casuals C	285
25	53	V	Springfield Striders Vets	145
26	51	V	Ilford Vets	224
27	35	A	Leigh on Sea Towels by Poolside	354
28	66	L	TGT Ladies A	281
29	40	A	Pitsea RC Men	283
30	15	A	Havering 90 A	396
31	33	A	Grange Farm B	215
32	34	A	Grange Farm C	294
33	70	L	Harwich Runners Ladies	306
34	52	V	TGT Vets	316
35	65	L	Benfleet Ladies B	269
36	22	A	TGT Men B	292
37	2	A	Thurrock Nomads A	278
38	59	L	Grange Farm Ladies	251
39	6	A	Thurrock Nomads B - The Z list	277
40	57	L	Springfield Striders Ladies A	264
41	19	A	Benfleet Men C	243
42	58	L	Springfield Striders Ladies B	319
43	62	L	Leigh on Sea - Weekend without Make up	252
44	37	A	Springfield Striders Mixed B	234
45	61	L	East Essex Tri Women	298
46	36	A	Springfield Striders Mixed A	165
47	20	A	BSRC	345
48	30	A	Witham Running Club	335
49	16	A	Havering 90 B	370
50	63	L	Billericay Striders	496
51	11	A	Billericay Striders	493
52	41	A	Pitsea RC Mixed	448
53	60	L	Tiptree Ladies	352
54	3	A	Tiptree A	346
55	4	A	Tiptree B	580
56	68	L	Pitsea RC Ladies	384
100	38	A	Springfield Striders Mixed C	377
100	39	A	Springfield Striders Mixed D	605
100	67	L	TGT Ladies B	539

Category Positions			
Open Team			Points
1	23	Springfield Striders Men A	27
2	28	Ilford A	38
3	17	Benfleet Men A	43
4	21	TGT Men A	57
5	9	Leigh on Sea Striders - I liked the Boys	57
6	31	Springfield Striders Men B	62
7	24	Southend Men A	74
8	32	Grange Farm A	80
9	18	Benfleet Men B	103
10	5	Tiptree Men	104
11	26	Harwich Runners Men	126
12	10	Colchester Harriers - Colchester Allsorts	141
13	7	Halstead Road Runners	157
14	36	Springfield Striders Mixed A	165
15	25	Southend Men B	173
16	13	Mid Essex Casuals B	191
17	33	Grange Farm B	215
18	1	Eton Manor AC	233
19	37	Springfield Striders Mixed B	234
20	29	Ilford B	240
21	19	Benfleet Men C	243
22	6	Thurrock Nomads B - The Z list	277
23	2	Thurrock Nomads A	278
24	40	Pitsea RC Men	283
25	14	Mid Essex Casuals C	285
26	22	TGT Men B	292
27	34	Grange Farm C	294
28	8	East Essex Tri Men	295
29	30	Witham Running Club	335
30	20	BSRC	345
31	3	Tiptree A	346
32	27	Harwich Runners Mixed	347
33	35	Leigh on Sea Towels by Poolside	354
34	16	Havering 90 B	370
35	38	Springfield Striders Mixed C	377
36	15	Havering 90 A	396
37	41	Pitsea RC Mixed	448
38	11	Billericay Striders	493
39	4	Tiptree B	580
40	39	Springfield Striders Mixed D	605

Ladies Team			Points
1	64	Benfleet Ladies A	136
2	69	Southend Ladies	221
3	59	Grange Farm Ladies	251
4	62	Leigh on Sea - Weekend without Make up	252
5	57	Springfield Striders Ladies A	264
6	65	Benfleet Ladies B	269
7	66	TGT Ladies A	281
8	61	East Essex Tri Women	298
9	70	Harwich Runners Ladies	306
10	58	Springfield Striders Ladies B	319
11	60	Tiptree Ladies	352
12	68	Pitsea RC Ladies	384
13	63	Billericay Striders	496
14	67	TGT Ladies B	539

Vets Team			Points
1	50	Harwich Runners Vets	120
2	53	Springfield Striders Vets	145
3	51	Ilford Vets	224
4	12	Mid Essex Casuals A	244
5	52	TGT Vets	316

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Position After Stage 9

Stage 9 Results				
Pos	Team	Cat	Name	Points
1	28	A	Ilford A	39
2	23	A	Springfield Striders Men A	29
3	24	A	Southend Men A	77
4	26	A	Harwich Runners Men	130
5	5	A	Tiptree Men	109
6	32	A	Grange Farm A	86
7	50	V	Harwich Runners Vets	127
8	40	A	Pitsea RC Men	291
9	17	A	Benfleet Men A	52
10	10	A	Colchester Harriers - Colchester Allsorts	151
11	31	A	Springfield Striders Men B	73
12	1	A	Eton Manor AC	245
13	53	V	Springfield Striders Vets	158
14	27	A	Harwich Runners Mixed	361
15	9	A	Leigh on Sea Striders - I liked the Boys	72
16	69	L	Southend Ladies	237
17	57	L	Springfield Striders Ladies A	281
18	13	A	Mid Essex Casuals B	209
19	29	A	Ilford B	259
20	25	A	Southend Men B	193
21	7	A	Halstead Road Runners	178
22	18	A	Benfleet Men B	125
23	61	L	East Essex Tri Women	321
24	8	A	East Essex Tri Men	319
25	59	L	Grange Farm Ladies	276
26	64	L	Benfleet Ladies A	162
27	70	L	Harwich Runners Ladies	333
28	33	A	Grange Farm B	243
29	62	L	Leigh on Sea - Weekend without Make up	281
30	65	L	Benfleet Ladies B	299
31	21	A	TGT Men A	88
32	35	A	Leigh on Sea Towels by Poolside	386
33	34	A	Grange Farm C	327
34	16	A	Havering 90 B	404
35	67	L	TGT Ladies B	574
36	58	L	Springfield Striders Ladies B	355
37	30	A	Witham Running Club	372
38	14	A	Mid Essex Casuals C	323
39	19	A	Benfleet Men C	282
40	12	V	Mid Essex Casuals A	284
41	37	A	Springfield Striders Mixed B	275
42	66	L	TGT Ladies A	323
43	63	L	Billericay Striders	539
44	11	A	Billericay Striders	537
45	41	A	Pitsea RC Mixed	493
46	52	V	TGT Vets	362
47	36	A	Springfield Striders Mixed A	212
48	60	L	Tiptree Ladies	400
49	4	A	Tiptree B	629
50	2	A	Thurrock Nomads A	328
51	39	A	Springfield Striders Mixed D	656
52	6	A	Thurrock Nomads B - The Z list	329
53	22	A	TGT Men B	345
54	51	V	Ilford Vets	278
55	38	A	Springfield Striders Mixed C	432
56	68	L	Pitsea RC Ladies	440
57	20	A	BSRC	402
58	15	A	Havering 90 A	454
59	3	A	Tiptree A	405

Category Positions			
Open Team			Points
1	23	Springfield Striders Men A	29
2	28	Ilford A	39
3	17	Benfleet Men A	52
4	9	Leigh on Sea Striders - I liked the Boys	72
5	31	Springfield Striders Men B	73
6	24	Southend Men A	77
7	32	Grange Farm A	86
8	21	TGT Men A	88
9	5	Tiptree Men	109
10	18	Benfleet Men B	125
11	26	Harwich Runners Men	130
12	10	Colchester Harriers - Colchester Allsorts	151
13	7	Halstead Road Runners	178
14	25	Southend Men B	193
15	13	Mid Essex Casuals B	209
16	36	Springfield Striders Mixed A	212
17	33	Grange Farm B	243
18	1	Eton Manor AC	245
19	29	Ilford B	259
20	37	Springfield Striders Mixed B	275
21	19	Benfleet Men C	282
22	40	Pitsea RC Men	291
23	8	East Essex Tri Men	319
24	14	Mid Essex Casuals C	323
25	34	Grange Farm C	327
26	2	Thurrock Nomads A	328
27	6	Thurrock Nomads B - The Z list	329
28	22	TGT Men B	345
29	27	Harwich Runners Mixed	361
30	30	Witham Running Club	372
31	35	Leigh on Sea Towels by Poolside	386
32	20	BSRC	402
33	16	Havering 90 B	404
34	3	Tiptree A	405
35	38	Springfield Striders Mixed C	432
36	15	Havering 90 A	454
37	41	Pitsea RC Mixed	493
38	11	Billericay Striders	537
39	4	Tiptree B	629
40	39	Springfield Striders Mixed D	656

Ladies Team			Points
1	64	Benfleet Ladies A	162
2	69	Southend Ladies	237
3	59	Grange Farm Ladies	276
4	57	Springfield Striders Ladies A	281
5	62	Leigh on Sea - Weekend without Make up	281
6	65	Benfleet Ladies B	299
7	61	East Essex Tri Women	321
8	66	TGT Ladies A	323
9	70	Harwich Runners Ladies	333
10	58	Springfield Striders Ladies B	355
11	60	Tiptree Ladies	400
12	68	Pitsea RC Ladies	440
13	63	Billericay Striders	539
14	67	TGT Ladies B	574

Vets Team			Points
1	50	Harwich Runners Vets	127
2	53	Springfield Striders Vets	158
3	51	Ilford Vets	278
4	12	Mid Essex Casuals A	284
5	52	TGT Vets	362

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Position After Stage 10

Stage 10 Results				
Pos	Team	Cat	Name	Points
1	23	A	Springfield Striders Men A	30
2	24	A	Southend Men A	79
3	31	A	Springfield Striders Men B	76
4	30	A	Witham Running Club	376
5	21	A	TGT Men A	93
6	17	A	Benfleet Men A	58
7	5	A	Tiptree Men	116
8	50	V	Harwich Runners Vets	135
9	25	A	Southend Men B	202
10	26	A	Harwich Runners Men	140
11	32	A	Grange Farm A	97
12	40	A	Pitsea RC Men	303
13	28	A	Ilford A	52
14	27	A	Harwich Runners Mixed	375
15	9	A	Leigh on Sea Striders - I liked the Boys	87
16	35	A	Leigh on Sea Towels by Poolside	402
17	7	A	Halstead Road Runners	195
18	64	L	Benfleet Ladies A	180
19	3	A	Tiptree A	424
20	18	A	Benfleet Men B	145
21	36	A	Springfield Striders Mixed A	233
22	53	V	Springfield Striders Vets	180
23	57	L	Springfield Striders Ladies A	304
24	69	L	Southend Ladies	261
25	12	V	Mid Essex Casuals A	309
26	66	L	TGT Ladies A	349
27	61	L	East Essex Tri Women	348
28	33	A	Grange Farm B	271
29	62	L	Leigh on Sea - Weekend without Make up	310
30	52	V	TGT Vets	392
31	8	A	East Essex Tri Men	350
32	1	A	Eton Manor AC	277
33	65	L	Benfleet Ladies B	332
34	11	A	Billericay Striders	571
35	63	L	Billericay Striders	574
36	70	L	Harwich Runners Ladies	369
37	59	L	Grange Farm Ladies	313
38	39	A	Springfield Striders Mixed D	694
39	41	A	Pitsea RC Mixed	532
40	13	A	Mid Essex Casuals B	249
41	15	A	Havering 90 A	495
42	38	A	Springfield Striders Mixed C	474
43	10	A	Colchester Harriers - Colchester Allsorts	194
44	14	A	Mid Essex Casuals C	367
45	20	A	BSRC	447
46	67	L	TGT Ladies B	620
47	68	L	Pitsea RC Ladies	487
48	51	V	Ilford Vets	326
49	2	A	Thurrock Nomads A	377
50	6	A	Thurrock Nomads B - The Z list	379
51	22	A	TGT Men B	396
52	4	A	Tiptree B	681
53	60	L	Tiptree Ladies	453
54	29	A	Ilford B	313
55	37	A	Springfield Striders Mixed B	330
56	58	L	Springfield Striders Ladies B	411
57	16	A	Havering 90 B	461
58	34	A	Grange Farm C	385
59	19	A	Benfleet Men C	341

Category Positions			
Open Team			Points
1	23	Springfield Striders Men A	30
2	28	Ilford A	52
3	17	Benfleet Men A	58
4	31	Springfield Striders Men B	76
5	24	Southend Men A	79
6	9	Leigh on Sea Striders - I liked the Boys	87
7	21	TGT Men A	93
8	32	Grange Farm A	97
9	5	Tiptree Men	116
10	26	Harwich Runners Men	140
11	18	Benfleet Men B	145
12	10	Colchester Harriers - Colchester Allsorts	194
13	7	Halstead Road Runners	195
14	25	Southend Men B	202
15	36	Springfield Striders Mixed A	233
16	13	Mid Essex Casuals B	249
17	33	Grange Farm B	271
18	1	Eton Manor AC	277
19	40	Pitsea RC Men	303
20	29	Ilford B	313
21	37	Springfield Striders Mixed B	330
22	19	Benfleet Men C	341
23	8	East Essex Tri Men	350
24	14	Mid Essex Casuals C	367
25	27	Harwich Runners Mixed	375
26	30	Witham Running Club	376
27	2	Thurrock Nomads A	377
28	6	Thurrock Nomads B - The Z list	379
29	34	Grange Farm C	385
30	22	TGT Men B	396
31	35	Leigh on Sea Towels by Poolside	402
32	3	Tiptree A	424
33	20	BSRC	447
34	16	Havering 90 B	461
35	38	Springfield Striders Mixed C	474
36	15	Havering 90 A	495
37	41	Pitsea RC Mixed	532
38	11	Billericay Striders	571
39	4	Tiptree B	681
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Ladies Team			Points
1	64	Benfleet Ladies A	180
2	69	Southend Ladies	261
3	57	Springfield Striders Ladies A	304
4	62	Leigh on Sea - Weekend without Make up	310
5	59	Grange Farm Ladies	313
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8	66	TGT Ladies A	349
9	70	Harwich Runners Ladies	369
10	58	Springfield Striders Ladies B	411
11	60	Tiptree Ladies	453
12	68	Pitsea RC Ladies	487
13	63	Billericay Striders	574
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Vets Team			Points
1	50	Harwich Runners Vets	135
2	53	Springfield Striders Vets	180
3	12	Mid Essex Casuals A	309
4	51	Ilford Vets	326
5	52	TGT Vets	392

Rule	Points
Finish	1 pt per position
DNF	No Starters + 1
DNS	100
DQ	100